

WINNIPEG

metro®



The ol' galaxy hidden behind a galaxy trick

But U of M astronomer and team see right through **PAGE 2**

Coarse words land Ford in more trouble

Ford gives awkward apology with his wife by his side **PAGE 9**

WELL, IF THE SHOE QUILTS ...

IN WHICH, AGAINST HER BETTER JUDGMENT, SHANNON GOES FOR DRINKS WITH THE DANIMAL **PAGE 14**



Amanda Sinclair speaks to media outside the Law Courts building on Thursday. SHANE GIBSON/METRO

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Sister heartbroken as killer sentenced to 20 years in jail

Not enough, she says.

Families weep, rage as Crown outlines facts of two grisly killings

Sentence

"In nine years, do I get to see my sister? Does she get to come back to me? No. That's not fair at all."

Amanda Sinclair, sister of victim Carolyn Sinclair, referring to the nine years before her killer can file for parole.

apply for parole in nine years.

Amanda said the plea deal means Lamb could be back on the streets too soon.

"In nine years, do I get to see my sister?" Sinclair said as she choked up. "Does she get to come back to me? No. That's not fair at all. I'm never going to get her back."

The families of the two women sobbed as the Crown read out the gruesome facts of the case. Many left or were escorted out by security after yelling and swearing at Lamb.

Lamb told police he hit Sinclair, 25, over the head with an axe handle, strangled her and left her body in his bathroom for several days before he dumped it near a

garbage bin.

He told police he strangled Blacksmith, 18, with a TV cord, tried to revive her and then left to buy drugs. He eventually dumped her body behind an abandoned house, where it wasn't found until six months later.

Lamb briefly caused a stir when he declared he wanted to rescind his guilty pleas because he objected to the word "psychopath," apparently included in a medical report.

After consulting with his lawyer, however, he said his pleas would stand.

Lamb still faces charges in the death of Tanya Nepinak, whose body has never been found. **THE CANADIAN PRESS**

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Manitoba eyeing federal, municipal cash for help

Development. The government's promise to spend money on infrastructure is getting some heat from the Opposition

A promise of a record \$5.5 billion in infrastructure spending — the keystone of the Manitoba throne speech this week — is not all provincial money, a government minister said Thursday.

The cash includes federal and municipal cost-sharing that has yet to be determined.

"The amount that we've costed out, basically, is the cost of the full investment in infrastructure. Some of that may be cost-shared," said Infrastructure and Transportation Minister Steve Ashton.

"We're in early stages with the federal government. It's hard to say (how much they'll pay). It's all project by

project."

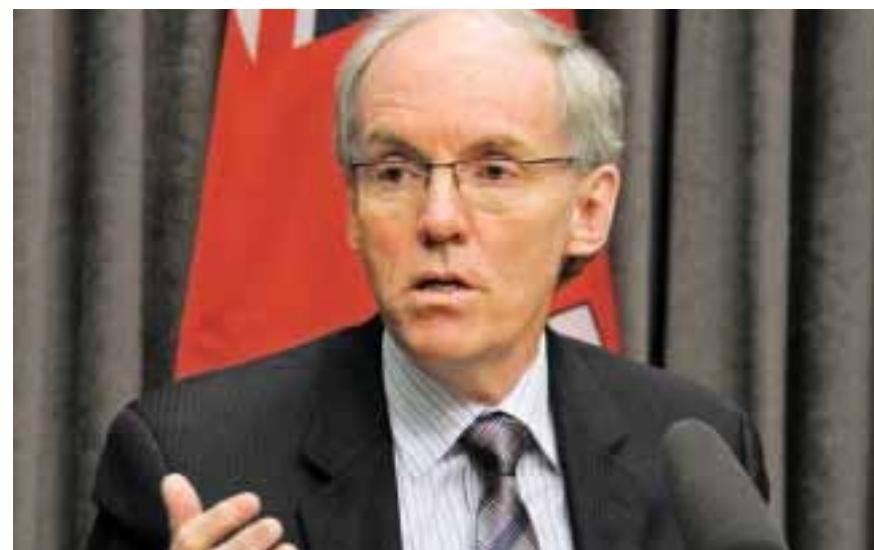
The NDP government has touted its infrastructure plan in part as justification for its sales-tax increase this year. The tax was raised to eight per cent from seven in July and the government has promised to spend every cent of the extra revenue on roads, bridges, flood-proofing and other core infrastructure.

At the same time, the New Democrats have promised to limit spending to balance the budget by the 2016-17 fiscal year. The budget plan calls for all government spending — in all departments — to rise by a total of only \$832 million over the next three years.

The infrastructure plan calls for \$5.5 billion over five years — an average of \$1.1 billion annually.

The Opposition Progressive Conservatives said the government's promises will be hard to achieve without blowing the budget.

"This government ... has overspent every single year



Transportation Minister Steve Ashton said the money to pay for the province's infrastructure promises will likely come from all three levels of government. BERNICE PONTANILLA/METRO

for 15 years," Tory Leader Brian Pallister said.

Pallister also accused the

government of misleading voters by not specifying in the throne speech that the \$5.5

billion would include funding from other levels of government. THE CANADIAN PRESS

U of M astronomer helps find hidden galaxy



A photo of both Galaxy UGC 10288 and the unnamed galaxy behind it.
UNIVERSITY OF MANITOBA/HANDOUT

A University of Manitoba astronomer is part of an international team that has discovered a new galaxy — and a tricksy one at that.

While studying a galaxy called UGC 10288, researcher Jayanne English and other members of her team found a second galaxy hiding behind it — superimposed almost perfectly behind the first one.

"This changed the picture, quite literally," said Judith Irwin of Queen's University. "It changed our understanding of the characteristics of UGC 10288, but also gave us an unexpected new tool for learning more about that galaxy."

English and the team studied pictures of UGC 10288 taken from the Very Large Array in New Mexico in 2011 and 2012. The pictures, said

English, were the best radio images of that galaxy ever taken.

The pictures' high details showed a second galaxy, with very strong radio emissions almost directly behind the first.

"We can use the radio waves from the background galaxy, coming through the nearer one, as a way to measure the properties of the

nearer galaxy," said English.

Galaxy UGC 10288 is 100 million light years away from Earth. With the latest pictures, researchers discovered the new galaxy is almost 7 billion light years away from Earth.

Irwin said the two galaxies' alignment is likely the first such alignment found.

The new galaxy has yet to be named. EISHA DACEY/METRO

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Cops surround house after firearm sighting

Police swarmed the area around a home at 881 Home St. and the roadway was blocked to traffic after police received reports that someone was seen with a gun shortly after 8 a.m. Thursday. Neighbours said tactical officers used a bullhorn to demand everyone leave the house. Police had no further information at press deadline.

SHANE GIBSON/METRO

Councillors fire twin audit motions toward police headquarters

'Citizens are outraged.'
Havixbeck and Gerbasi say audit sorely needed to address overspending



BERNICE PONTANILLA

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Two motions calling for a thorough outside audit of the Winnipeg Police Service headquarters will hit the floor at Wednesday's city council meeting.

Councillors Paula Havixbeck

and Jenny Gerbasi have both expressed concerns over the handling of the police HQ, which had a guaranteed maximum price of \$194 million.

"Citizens are outraged over the mismanagement of this file," said Havixbeck, who believes the original \$135-million project price tag has grown by \$75 million.

"That's 55 per cent over budget right there."

Havixbeck's motion calls for an independent audit that includes interviews with all members of the public service and elected officials who made decisions related to the project.

Gerbasi's motion differs in that it touches on the police's outdoor shooting-range project as well and calls for a "broader audit along the lines of the fire hall project which would include an examination of the management and construction of the project."

"We've been saying the same thing, it's pretty obvious, we need an audit," said Gerbasi, adding "it doesn't really matter who moves it."

Both Gerbasi and Havixbeck said they authored their motions independent of each other but will look at perhaps melding the two into one.



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Revolving restaurant stages spirited revival

Prairie 360 owner Noel Bernier and sommelier Domer Rafael at the restaurant's soft opening and fundraiser for the Canadian Museum for Human Rights this past weekend. After being empty for more than four years, the restaurant has been re-invented and re-opened to show off Winnipeg's skyline, including a view of the rights museum. ELSHA DACEY/METRO

Five dead

Plane crash survivor says she is 'doing well'

One of the survivors of a fiery plane crash in northwestern Ontario says she is on the road to recovery.

Julie Dayholos has released a statement through the Winnipeg Health Sciences Centre where she is recuperating.

She thanks everyone who has sent her support and says her thoughts are with the families who lost loved ones in the crash.

Five of seven people on board a Bearskin Airlines plane were killed when the aircraft went down on approach to the Red Lake airport on Sunday.

Police have said the plane burst into flames when it hit the ground.

THE CANADIAN PRESS

Unbundling

CRTC asked to issue report on pick-and-pay TV

Canadian Heritage Minister Shelly Glover says she has asked the Canadian Radio-television and Telecommunications Commission to prepare a report on so-called pick-and-pay television services.

Glover says the agency has until April 30 to deliver the report, including the steps the commission plans to take toward unbundling TV services.

In 2011, the broadcast regulator unveiled regulations aimed at preventing TV providers from restricting consumer choice.

Last month, the CRTC launched consultations on the future of television in Canada. THE CANADIAN PRESS

\$215 million

Highway 75 flood upgrade to cost a pretty penny

The Manitoba government says its plan to boost flood protection for Highway 75 will cost \$215 million.

Infrastructure and Transportation Minister Steve Ashton says the upgrades will ensure the key highway between Winnipeg and the U.S. will remain open most years.

Ashton says the cost includes some changes to waterways that have yet to be finalized.

He says one option on the table is diverting a section of Morris River.

The change will help truckers and others avoid lengthy delays and detours during spring floods.

THE CANADIAN PRESS



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Aqua Books. Shop owner announces closure of city's 'cultural city hall'

The man behind Aqua Books has closed the book on "Winnipeg's Cultural City Hall."

Kelly Hughes took to Facebook Thursday to write a "final post-mortem" on the used bookstore, venue and eatery he's owned and operated in different downtown locations since 1999.

"Aqua Books is dead. There, I said it," started Hughes in the post. "It's very possible that this is not news to you.... Well, when I heard it, it was news to me."

"Sometimes the closer you are to something, the harder it is to see."

Hughes announced he was closing the store's former Garry Street location in August 2011, and had been working to open a new location at 123 Princess St. when the space ran afoul of city inspectors and he encountered spiraling costs associated with getting the space up to code.

Hughes thanked everyone who worked with him to get the new location open, and



Owner Kelly Hughes took to Facebook Thursday to announce the end of Aqua Books. METRO FILE

Closing his doors

"Sometimes the closer you are to something, the harder it is to see."

Kelly Hughes, on the closing of Aqua Books.

said he's moving on.

"Thank you again for making Aqua Books such a great adventure," he wrote. "I'm glad to have had the opportunity."

METRO

Anti-bullying concert to promote youth acceptance

Hateless. Event kicking off anti-bullying week to feature singer Flo

Organizers of an anti-bullying concert event want to promote the idea of less hate and greater acceptance.

Hateless: We Can End Bullying will take place Saturday at 12:30 p.m. at the Park Theatre.

The event will help launch national anti-bullying week and will feature a musical performance by soul singer Flo (Florence Oramasionwu), as well as presentations by Anna Morgante, a counsellor for high-risk youth, and motivational speaker Roland Vandal. The Canadian Red Cross and the Mood Disorders Association of Manitoba will also have representatives there.

"We wanted to do something for the community," said Sangeetha Nair, who is organizing the event along with Flo, a Western Canadian Music

Award winner.

"Flo chose bullying because her song Hateless is all about that subject. She's gotten a lot of letters from teachers and principals who have used the song at anti-bullying events and said how it's inspired their kids."

Nair's motivation for staging the event was a little different. She was bullied in high school and doesn't want to see the same things that happened to her repeated.

"It made me hate school. I didn't want to interact with others," she said. "That was definitely part of the reason I wanted to do this. Music has a real healing element."

Nair said she and Flo hope to eventually take the Hateless tour to other Winnipeg schools and across Canada.

Tickets for the Nov. 16 concert are \$5 for children and \$10 for adults and can be purchased at the door, and at McNally Robinson Booksellers, Into the Music and Music Trader.

JIM TIMLICK/FOR METRO



Flo will be headlining anti-bullying event Hateless at the Park Theatre this Saturday. COURTESY FLOSOUL.COM

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5 things that should be on the new CAO's desk

High Five! The search for a new Chief Administrative Officer for the City of Winnipeg will take many months, but that doesn't mean the lackeys have to wait around to get things organized for our new chief. Here are five things that should be on the new CAO's desk on their first day:

ELISHA DACEY
elisha.dacey@metronews.ca

Boots

Will need heavy-duty, weather-proof boots to make it through our winters. Will also need to wade through the mess left by the previous CAO.



Comb

Judging by the number of media appearances made by our former CAO, our new CAO just might want to keep themselves looking neat.



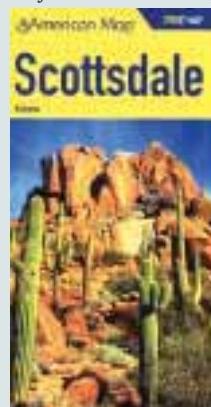
City of Winnipeg credit card

Will be helpful around audit time. (We were gonna suggest cash, but we all know the city has none.)



Map of Scottsdale, Ariz.

How else are they going to find the mayor?



Magnifying glass

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Bored of Ford?

A new YouTube video is trying to spread the word that Toronto is "More than Ford."

- The video is described as a "fan video" featuring "some of the things we love most about our city." It shows fashion and entertainment events, street festivals and celebrities — but no images of Ford.

'Truly disturbing'

Wynne: Ont. keeping an eye on Ford

Ontario will consider offering "new tools" to Toronto if the city's government decides it simply can't function as a result of its scandal-plagued mayor.

The first significant move towards intervention was suggested Thursday by Premier Kathleen Wynne.

"We've been watching this situation closely and listening very carefully," said Wynne. "The things that we are seeing and hearing about Mayor Rob Ford are truly disturbing."

Wynne emphasized that it wasn't the province's role to impose its own preferences upon Toronto's government. But she conceded she would consult the provincial opposition parties if the city requested action from Ontario. **THE CANADIAN PRESS**

Another day, another apology from Rob Ford

Warning: graphic content.

Toronto mayor starts the day using foul language, then says sorry with his wife by his side

In the space of just a few hours Thursday, Rob Ford spouted an obscenity on live TV, refused to apologize then did apologize, was scolded by Canada's oldest football team for wearing its jersey and begged the media to give his family privacy — his seldom-seen wife by his side.

The latest bizarreness involving Toronto's besieged mayor set off another chorus of demands for him to leave — not just get help, but to resign for the good of the city.

The dizzying cascade of events began as Ford arrived at city hall — sporting a blue No. 12 Toronto Argonauts uniform with "Mayor Ford" on the back.

As TV cameras broadcast live, Ford used crude language to deny allegations he told a female aide he was going to have oral sex with her. A staffer told police Ford also said he had already had sex with the aide, court documents say.

"It says I wanted to eat her pussy and I have never said that in my life to her. I would never do that. I'm happily married and I've got more than enough

to eat at home," he said to astonished reporters.

The Toronto Argonauts released a statement saying they were "disappointed" at the mayor for using coarse language on live television while wearing the CFL team's jersey.

Ford, 44, the father of two children, did say he was receiving support from a team of health-care professionals, but refused to elaborate.

Initially, Ford stood by his vulgar comments.

"If you're offended, I'm not apologizing, because put yourself in my shoes if someone said that about your husband or your wife," he shouted during a council session.

According to sections of court documents released Wednesday, an ex-staffer told police an intoxicated Ford made the comments at a restaurant on St. Patrick's Day last year.

The alleged incident was one of several in the document that reported questionable or bizarre behaviour by Ford: driving after guzzling vodka, sniffing cocaine, and apparently consorting with sex workers.

Ford called the allegations outright lies. Hours later, with his wife Renata nearby, the mayor apologized for what he called his impulsive and "graphic" remarks.

"When you attack my integrity as a father and as a husband, I see red," he said.

THE CANADIAN PRESS



Toronto Mayor Rob Ford jostles with the media as he tries to escort his wife Renata, left, out of a news conference on Thursday. **CHRIS YOUNG/THE CANADIAN PRESS**

A lawyer's opinion

Ford's threats to sue likely toothless

Mayor Ford's threat to sue former staffers for telling

police about activities they said included his consorting with suspected sex workers is unlikely to go anywhere, a libel lawyer said Thursday.

Case law offers protection to people speaking to investigators, said Julian Porter.

"The employees would have had a qualified privilege in talking to the police provided they weren't malicious and inventing it," Porter said.

"Now if the employees tell it to everybody else, that's a different matter."

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Nominations close December 6, 2013.
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UNIVERSITY OF MANITOBA | Alumni

Worldwide child-porn sweep started in Toronto

Project Spade. 50

Ontarians, 58 other Canadians among 348 arrested worldwide in a massive child-porn investigation: Cops

At least 386 children have been rescued from sexual exploitation and hundreds of suspects arrested in a sweeping child pornography investigation that began with a Toronto man, police revealed Thursday.

"It's a first for the magnitude of the victims saved," said Insp. Joanna Beaven-Desjardins, of the force's Sex Crimes Unit. "The amount of arrests internationally, also a first."

At least 348 people were arrested around the world as part of Project Spade, including 50 in Ontario and 58 from other parts of Canada.



Insp. Joanna Beaven-Desjardins of Toronto Police reports on the major child-porn investigation. TORSTAR NEWS SERVICE

School teachers, doctors, nurses, pastors and foster parents are among those facing charges in the wide-ranging operation that can be traced back to a business operating

out of Toronto's west end, police said. The investigation was sparked in October 2010 when officers made contact with a Toronto man on the Internet who was allegedly

sharing child pornography.

Police allege Brian Way, 42, had been running an "exploitation movie, production and distribution company."

THE CANADIAN PRESS

Laval. 10 young teens arrested on child-porn charges; seven victims

Child pornography, peddled by children. That's the serious accusation levelled at 10 adolescents arrested Thursday in the Montreal area.

The boys allegedly coaxed their friends and girlfriends into posing for pictures they later shared among themselves.

Aged between 13 and 15 years old, they were arrested in a sweep early Thursday in Laval, a suburb just north of Montreal.

They face various charges — including the production, possession and distribution of child pornography — and are expected to appear in youth court later Thursday.

Laval police spokeswoman Const. Nathalie Lorrain said they are hopeful the myriad files, at least one of them a video, were not widely distributed.

So far, police say they have identified seven victims — with all of the girls in the same age bracket as the accused. Police have met with the girls and their parents.

How it got started

The Laval investigation began in earnest in October after a staff member at one Laval high school noticed that kids were huddled around a phone, looking at an image of a girl that was sexually explicit.

Lorrain said police have yet to go through a number of devices they seized Thursday. Other victims might be identified once police go through smartphones, laptop computers and tablets that were all seized as part of Operation Magma.

"The study of these items will allow us to know who received these images and if there were any more victims," Lorrain said.

Police said the network included students attending three English high schools in Laval. THE CANADIAN PRESS

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Karlheinz Schreiber convicted of tax evasion



Karlheinz Schreiber waits for the start of his trial Thursday. DPA/THE ASSOCIATED PRESS

Guilty. Former arms-industry lobbyist was linked in corruption scandals with Brian Mulroney and former German chancellor Helmut Kohl

Karlheinz Schreiber has been convicted of tax evasion and sentenced to six and a half years in a German prison.

The DPA news agency reported on Thursday that Schreiber was found guilty in a German court in the southern state of Augsburg.

Prosecutors say Schreiber didn't declare money he received as kickbacks for the sale of helicopters to Canada's coast guard, tanks to Saudi Arabia and other arms deals.

Schreiber is already a controversial figure in Can-

Lengthy affair

A Canadian-German dual-national, Schreiber was arrested in Canada and extradited to Germany in 1999

- He was convicted in 2010, but appealed and won a retrial.

ada, where he made secret cash payments of at least \$225,000 to former prime minister Brian Mulroney during their business dealings. Mulroney later testified he had made an error in judgement by accepting the money.

Allegations the 79-year-old also gave a cash donation to the former treasurer of German chancellor Helmut Kohl's party triggered a scandal that deepened with Kohl's 1999 admission he accepted off-the-book donations himself.

THE ASSOCIATED PRESS

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SHINE THE LIGHT: FAMILIES OF MURDERED WOMEN SHARE STORIES OF HORROR, HOPE

Each week in Canada, at least one woman is killed by her partner. Hearing the stories of those women is critical to keeping others from facing the same fate, experts say. That's one of the strongest messages behind Shine The Light, a campaign to end woman abuse. Started in London, Ont., four years ago, the initiative is now painting towns across Canada purple during November to show support and urge victims of abuse to step forward. Here, Metro speaks to the families of three women who were victims of what campaign leaders call 'intimate femicide' — deaths when they should have been safe.



MIKE DONACHIE
Metro in London, Ont.



Paula Gallant, Halifax

Paula Gallant was a Halifax elementary school teacher. In 2005, she was strangled by her husband, Jason MacRae, during an argument about a \$700 gambling debt he ran up on a credit card. MacRae then wrapped Gallant's head and face with plastic wrap for 20 minutes, to make sure she was dead.

It took five years for charges to be laid, and MacRae, who's now 40, kept living in the house they shared. He eventually pleaded guilty to second-degree murder and was sentenced in 2010 to life in prison with no parole for at least 15 years.

Gallant's sister, Lynn Blackburn, continues to campaign against woman abuse and wants the courts to take a tougher line.

"We have to take this crime seriously and hand down stiffer sentences, and make it tougher for these folks to get paroled," she said.

She calls Shine The Light "a very significant initiative" in that it shows society that violence against women is more prevalent than many people believe. Blackburn remembers her sister as "a vivacious young woman in the prime of life."

"She was somebody who had a tremendous sense of humour," said Blackburn. "Very quick-witted. Extremely bright. Loved by everybody whose paths she crossed."



Jocelyn Bishop, London, Ont.

Jocelyn Bishop was shot in 2010 with a homemade handgun — her body buried in a shallow grave dug at her London, Ont., home.

The killer was her common-law partner, Christopher Gale, who didn't tell anyone Bishop was dead until the body was found. Later, he said the 21-year-old had committed suicide. Gale, 32, was found guilty of second-degree murder and received a life sentence last month with no chance of parole for 15 years.

"She was my only sister. She was my younger sister," said Melissa Bishop. "I could be feeling really down and, no matter what, she could make me feel better. She was very compassionate."

"She had a real special love for animals and her friends and family."

The importance of Shine The Light, for Melissa Bishop, is its ability to raise awareness of abuse of women.

"A lot of the time it can just be pushed under the carpet," she said. "I don't think it's taken as seriously as it should be by some people."

And the work needs to continue, she added.

"Let women know that there is help out there," she said. "There are people who care about them and who want them to change their lives and get out of an abusive relationship."



Shannon Scromeda, Winnipeg

"I think I killed my girlfriend with a hammer," Shannon Scromeda's partner said when he called 911 in April 2008.

Kevin Strong had inflicted 15 blows on Scromeda, 25, a mother and a secretary at Winnipeg's building-services department.

Strong, now 32, pleaded guilty to in 2011 to second-degree murder and received a life sentence with no chance of parole for 10 years.

Deborah Scromeda, Shannon's mother, remembers her daughter with a smile.

"I think if you take everything that you want your daughter to be, that would be how I would describe her," she said. "She was so hard-working in her home and her career. She always had a laugh and a joke. She always had a smile."

"I think the most important thing was she was just a wonderful mom."

Speaking about the Shine The Light campaign, Deborah Scromeda said: "My respect is just beyond words."

She added: "Women can feel strength, and they can see that people care."

Scromeda wants to see more people face up to violence against women.

"It's not fully recognized, how dangerous it is in our country and in our world," she said.

To get help

- **Women in trouble need to know where to turn. Megan Walker, executive director of the London Abused Women's Centre, says the Assaulted Women's Helpline is a vital resource**
- **Although Ontario-based, the 24-hour, 365-day helpline supports women from around the world and refers them to services in their area**
- **It can be reached at 416-863-0511. Resources are also available at awhl.org**

Bosnia

High-speed rail trains to nowhere

They were seen as a shining example of Bosnia's rebirth from war: a fleet of high-speed trains built-to-order in the West. Eight years later, they haven't made a single ride: They're too fast for Bosnia's 60-year-old rails. "It's as if you bought nine Ferraris and ... no roads to drive them on," said Samir Kadric, an official with the publicly owned railway company responsible.

Not only are the tracks too old, Kadric explained, there's no money to maintain them, meaning they just decay as they sit idle.

THE ASSOCIATED PRESS



Some modern trains from the Spanish producer Talgo are seen parked at a railway depot in Sarajevo. THE ASSOCIATED PRESS

Random biz fact of the day

33%

33 per cent of employers said they don't follow up with candidates they interviewed with to let them know they didn't get the job.

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A man holds an e-cigarette at a pop-up bar in London, England. Physicians and even former opponents are warming to the idea of e-cigarettes, which offer nicotine but not the smoke. LEFTERIS PITARAKIS/THE ASSOCIATED PRESS FILE

Doctors recommend e-cigarettes: Summit

Critiques up in smoke.
Only 'theoretical' health risks identified; devices set to overtake tobacco

KIERON MONKS
Metro World News

E-cigarettes are almost completely free of health risks, and could save millions of lives, agreed health experts at a London summit to discuss the effects of the device.

E-cigarettes — which work by users inhaling vaporized nicotine — have enjoyed a surge of popularity since they were introduced around the turn of the decade, with around seven million users in Europe. Nations have moved to crack down, but a growing movement claims they offer more benefits than risks.

"We can recommend that smokers who cannot quit should switch to e-cigarettes," said leading researcher Dr. Konstantinos Farsalinos of the University Hospital Gasthuisberg, Belgium. The risks were less than one 1,000th of smoking tobacco, he told Metro.

Dr. Farsalinos added that the devices were the most effective tools to quit smoking. "The best alternative before was around 20 per cent.... In my research, up to 80 per cent of participants using e-cigarettes have quit." Medical journal The Lancet also found that e-cigarettes were more effective than Nicorette gum and patches.

The World Health Organization estimates one billion people will die prematurely from cigarette use in the next century, and previous opponents of e-cigarettes are becoming more supportive. "It's always better to quit nicotine use completely," said Deborah Arnott, chief executive of Action on Smoking and Health, a U.K. charity. "But it's the smoke that kills you — not the nicotine — so for smokers who are heavily addicted switching to safer sources of nicotine could literally be a lifesaver."

Research efforts will focus on toxicity of refills to ensure safe levels, which the WHO cites in a warning to potential users.

But with projected users set to outnumber regular smokers in several European nations by 2016, lawmakers

Regulation

Debate rages over regulation, but e-cigarette advocates won a major battle as the European Parliament has abandoned plans to impose medical regulation that would restrict sales to pharmacies.

- "Regulation puts the businesses under threat, which could mean users are forced to smoke regular cigarettes again," says Nigel Hislop of advocacy group Savecigs.com.
- Arnott expects regulation to cover advertising to ensure the devices do not become a "gateway to smoking" for children.

will have a difficult job to turn the tide. "It's a consumer revolution, led by word of mouth rather than advertising," says Chris Snowdon, a fellow at the Institute of Economic Affairs, a British think tank. "As exponential growth continues, so many people will be 'vaping' it will make the decision for politicians."

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Telecom spectrum. Ottawa tells companies to use it or lose it

Telecom companies sitting on licensing rights that could provide more high-speed Internet service to rural consumers are being told to use it or lose it by the federal government.

Industry Minister James Moore said Thursday the government will not renew spectrum licences for those telecom companies that have failed to use them, citing the government's commitment to improving wireless service to Canadians. "Those that have not used the spectrum will lose it," Moore said in a statement. Moore said the licences

Quoted

"If you've been sitting on this stuff for the best part of a decade, you're not going to be deploying it tomorrow."

Iain Grant, telecom analyst

issued for the 2300 megahertz and 3500 megahertz spectrum were for fixed wireless services, which he said was the most affordable way to provide high-speed Internet in rural areas.

THE CANADIAN PRESS



Neigh-sayers protest tax

Protesters and their horses hold a board reading "No to the 20% VAT" during a demonstration in Paris, Thursday. Beginning next January, France plans to lift the value-added tax on riding schools to 20 per cent from 7 per cent to bring France in line with EU regulations.

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Day 10

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Arrested development

With careers so sluggish they are Generation Wait

U.S. mobility for young adults has fallen to the lowest level in more than 50 years as cash-strapped 20-somethings shun home-buying and refrain from major career moves.

The new Census Bureau figures underscore the impact of the sluggish economy on young people whom demographers refer to as "Generation Wait."

Burdened with college debt or toiling in low-wage jobs, they are delaying careers, marriage and having children. Waiting anxiously for their lucky break, they are doubling up with roommates or living with mom and dad. **THE ASSOCIATED PRESS**



Sound familiar?

Nashville resident Jeremy Bills, 27, (pictured) has stayed put in his college town in hopes of finding a job in management consulting or human resources. Instead, he has mostly found odd jobs like pulling weeds and dog-sitting.

"I'm constantly looking for other jobs," he says. **THE ASSOCIATED PRESS**



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Random biz fact of the day

80%

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SOURCE: NEXCAREER

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Random fact of the day

- Jedi became the second-largest religion in New Zealand after an email campaign ahead of the 2001 census.

SOURCE: OMG-FACTS.COM



"It's not what you th—" I turned to Danimal, "Spying for the Chinese? Are you nuts?"

Caramba, what a mess.

TO BE CONTINUED...

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FORD OVERSHADOWS, WELL, EVERYTHING

1 Had enough of me yet? The slow moving political train wreck that is Rob Ford continues as the world watches, aghast and helpless. Drug/alcohol/escorts/assaults/murderous threats — at this point, is there any bad thing the mayor of Toronto has not allegedly done? And yet, like the Black Knight in Monty Python and The Holy Grail, the Big Fella insists it's just a flesh wound. As one protest sign outside city hall suggests: it's time to either step aside ... or fall over.

2 And then there's this typhoon. Not Hurricane Rob, but the very real and tragic Typhoon Haiyan. We all knew the worst storm ever was going to wreak havoc in the Philippines and it has. Thousands have died and more



THE METRO LIST

Paul Sullivan

metronews.ca

than 600,000 are homeless in the wake of the storm. Unless relief aid gets to the people who need it soon, the situation will get much, much worse. Is it just me, or is the worst thing about the Rob Ford Clown Show the fact that it's distracting us from helping those who really need help?

3 Meanwhile, back at the palace. Happy Birthday to Prince Charles, who turned 65. That's nothing. His mum is 87 and appears to be no less robust than her mum, who made it to 101. He already has the record for the longest wait to be crowned the King of England. How very strange it must be to spend your entire life waiting for your mother to die so you can assume the role you're born for. Too bad Shakespeare's not around

anymore — he'd have a field day with this one.

4 He may not know art... but he sure likes Andy Warhol. Some Rich Guy (Woman?) paid \$105 million US for a Warhol painting of a car crash, complete with dead body spread across the wreckage. Nice! Oddly, this wasn't the most spent on a single painting this week. That honour goes to a 1967 work by Francis Bacon called Three Studies of Lucien Freud, which sold for a world record \$142.4 million US. I just went out and bought a set of paints and brushes. Gonna get me some of that.

5 Freedom Towers over Manhattan. New York is once again officially the home of North America's tallest building, the 1776-foot Freedom Tower. It replaces the Twin Towers demolished in 2001 by Osama Bin Laden's air force. Western Civilization, 1, Forces of Chaos, 0.

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ZOOM

Chilly conditions for activists



MICHAEL SOHN/THE ASSOCIATED PRESS

Imprisoned protesters honoured

Portraits of Greenpeace activists are frozen in ice cubes in front of the headquarters of Gazprom Germany in Berlin, Thursday, during a Greenpeace protest against the imprisonment of 28 activists, a Russian photographer and a British video journalist. The 30 people were

arrested following a protest at a Russian oil rig in the Arctic.

Among the detainees are two Canadians: Paul Ruzicka of Port Colborne, Ont., and Alexandre Paul of Montreal.

In late October, Russia dropped piracy charges, which carry a sentence of up to 15 years. The 30 are now charged with hooliganism, which carries a maximum sentence of seven years.

THE ASSOCIATED PRESS

Paul McCartney asks for resolution

Paul McCartney is urging Russian President Vladimir Putin to release the captors.

In a letter addressed "Dear Vladimir," the former Beatle tells Putin that he wrote the song Back in the U.S.S.R. in the 1960s, "back when it wasn't fashionable for English people to say nice things about your country."

Quoting the song's line "Gee it's good to be back home," McCartney asks: "Could you make that come true for the Greenpeace prisoners?"

"...It would be great if this misunderstanding could be resolved and the protesters can be home with their families in time for Christmas..." @PaulMcCartney tweeted Thursday. He posted the letter to his website.

THE ASSOCIATED PRESS

Device 6:

The best slice of interactive fiction to show up on iOS in quite a while, Device 6 puts you in control of Anna after she wakes up in a mysterious castle. As you guide her from room to room, the story and gameplay unfold through text that's creatively written to take advantage of the iPhone's capabilities. The story, the sound design and the puzzles — everything about this game is beautifully polished. (iOS/\$3.99)

Star Wars Pinball 2:

From the developers of Zen Pinball, the first Star Wars tables that came out a few months ago are being complemented by a few new releases. If you've never played a Zen pinball game before, you're missing out on some of the best physics and highest concepts ever used in digital tables.



CONTRIBUTED

Purchasing the app gets you one table with the option to buy others. For my money, they don't get better than Starfighter Assault and The Clone Wars. (iOS/\$1.99)

Doom & Destiny:

If you can get over the feeling that you're being gently mocked the entire time, this parody of classic role-playing games that features four friends who somehow get sucked into a fantasy world where everybody is under the impression that they're legendary heroes sent to save a princess ... of course. The controls are tight, the battles are varied and the story plays out like a comedy script, and not just a bunch of in-jokes. However, we're still unsure if the litany of grammar errors are part of the gag or actual sloppiness. (iOS/\$2.99)

Twitter



ride

@metropicks asked: A Moscow subway accepts 30 squats as payment for 1 transit ride. What exercise would you do for free entry onto transit?

@Blondefit_ : 30 burpees!

@aaronenetic: pull ups on the handle bars

@Cazzi: Will twerk for duration of

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Cronenberg

Have you ever wondered what a Mugwump looks like up close? How about the telepod that transformed Jeff Goldblum from man to insect? If you are a fan of Naked Lunch, The Fly or of David Cronenberg in general, you'll want to make like the Reel Guys and head to the TIFF Bell Lightbox in Toronto to check out an elaborate and comprehensive exhibit detailing the director's storied career. The show runs until Jan. 19, 2014, and presents an unprecedented look in to the mind and career of one of our greatest filmmakers. To prime the pump, the Reel Guys suggest some must-see Cronenberg films if you can't make it to the exhibit.

Reel Guys

RICHARD CROUSE AND MARK BRESLIN



Dead Ringers is a creepy Hitchcockian thriller with Third Reich overtones. CONTRIBUTED

An ode to Cronenberg

Look back. Visionary filmmaker gets his own exhibit in Toronto and the Reel Guys take a walk through his filmography to pick their favourites

Richard: I am an unabashed fan of David Cronenberg. I felt like a kid in a candy store — or should that be an entomologist at a larvae convention? — at the exhibition and I regularly revisit his movies on DVD. One that always gets overlooked is Spider, a trip into the mind of a severely mentally disturbed man starring Ralph Fiennes. Fiennes is great in a virtually dialogue

free performance but it is Miranda Richardson as several characters — all the women in Spider's life — who really steals the show. It's a spooky and cerebral thriller.

Mark: Spider was never one of my favourites although it does have a great twist ending. My thoughts on the Cronenberg oeuvre — and they're almost all great — is how ahead of his time he's been on our relationship to technology. When Videodrome came out, it was dismissed by a lot of critics. Now we live its reality every day. Same with Existenz. Both visionary films that prove how far ahead of the curve the director can be. But I think the quintessential Cronenberg film is Dead Ringers — a creepy Hitchcockian thriller that has

Third Reich overtones of medical experiments and twins — and also because Cronenberg himself looks like a gynecologist harboring a terrible secret.

RC: I also have a soft spot for The Brood. It's probably Cronenberg's most traditional horror film, and I take delight in loving a movie Leonard Martin rated a "Bomb." Featuring Oliver Reed as an experimental psychotherapist, Samantha Eggar as a fetus-licking mother and murderous psychoplasmic offspring, it is the very stuff that nightmares are made of. It's lesser seen than The Fly or Dead Zone and way more down-and-dirty, but for sheer scares it's hard to beat.

MB: I like the brood but I prefer the Dead Zone even

though legend has it that Cronenberg regretted doing a movie with all the incumbent studio interference. Know what? It still works. But Cronenberg will forever be one of my favourite directors if for no other reason than breathing life into Naked Lunch. A book I should have loved but could never get through — until I saw the film.

RC: He's audacious. He made an unfilmable book filmable and opened a lot of people's minds to reading author William S. Burroughs.

MB: He did the same thing with Cosmopolis, although I must say I didn't need to see Rabid to appreciate Marilyn Chambers.

SCENE

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Pratt ponders the pain of parenting

Delivery Man. Actor takes on role of stay-at-home dad in latest film and feels for the moms

 **NED EHRBAR**
Metro World News in Hollywood

Chris Pratt has become something of an incredible growing-and-shrinking machine lately, getting super-buff for Zero Dark Thirty and then getting impressively out-of-shape and flabby for his latest, Delivery Man, in which he co-stars as Vince Vaughn's pessimistic friend and hapless attorney. And after that, he got into superhero shape for next year's Marvel spectacle Guardians of the Galaxy. It all sounds very painful, but Pratt is OK with you laughing at his pain.

In my opinion, you had all the best lines in the movie.
Oh, thanks. That's nice. It's kind of written that way. The character's really funny. Vince's character comes



Chris Pratt, left, and Vince Vaughn star in Delivery Man, which opens next Friday. CONTRIBUTED

from such a hopeful place, but I think maybe the best comedy comes from a place of hopelessness, and that's where my character is at. He's just a despondent, sad, miserable type of guy, and that's where you mine the best comedy. I think to me,

that's the ultimate accomplishment in acting, to be in a place of such utter pain but people find it hilarious. But hopefully not all of my pain is funny. Like the only pain that's funny is the pain that doesn't really hurt. If a brick falls on someone's head and

then their brains fall out and they die, you're not going to laugh.

Unless you're a sociopath.
Right, unless you're sick. Unless you threw the brick and you're insane (laughs). But if a brick falls and hits

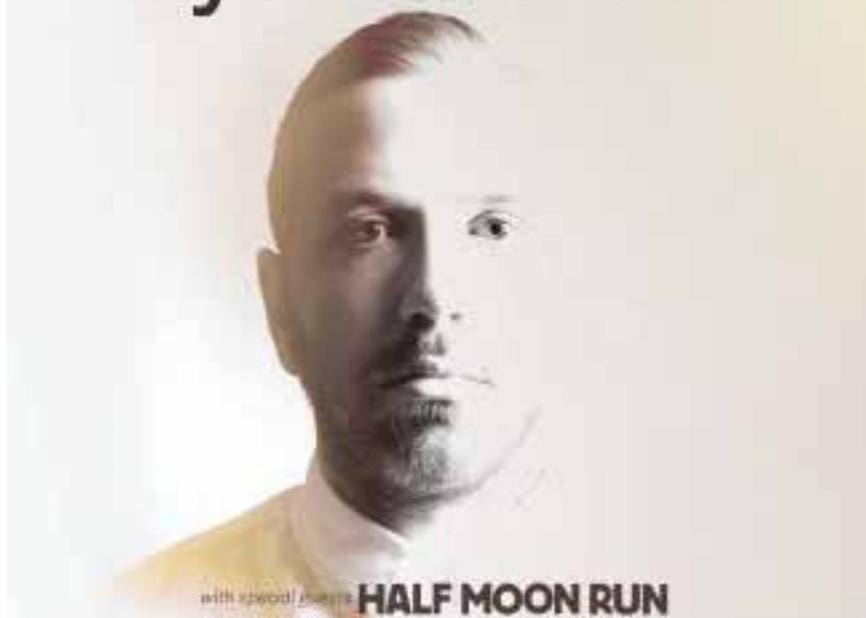
someone in the head, and they just keep walking and pretend like it didn't happen, that is hilarious. It's irony, you know? Because it's what you don't expect. It's pain minus trauma, and I think that you get the sense that this character is going to

be all right, and that's why you're willing to laugh at his pain.

It looked like all four of his kids were around the same age.

Yeah, we were busy. There was a whole back-story I had to come up with, where maybe (he and his wife) met in law school or something, she got a really great job that brought us out and we bought an apartment in Brooklyn, had one kid, she said, "If you stay home with this kid, I can continue to work and become partner." I was like, "Great, do it. I'm a progressive man, I can handle being a stay-at-home dad." And then next thing you know, four years later we have four kids, the passion's gone, I've gained weight and she's sleeping with one of her partners and she's the major breadwinner. It's the classic story, but the genders are reversed. It's like what so many men since the '50s have been doing to these poor mothers.

city and colour



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Film's family theme rings true for Cobie Smulders

Touched by tale.
Actress says Delivery Man's story of a man with 533 children has universal appeal

RICHARD CROUSE
scene@metronews.ca

In a recent tweet-a-thon to promote Delivery Man, Cobie Smulders teased that people should go see the film because Chris Pratt gets naked.

"He doesn't get naked," she says a week later, admitting to the fib.

"That was very overwhelming. I had never done that before. There were 9,000 tweets and I didn't know what to do."

The Canadian-born How I Met Your Mother actress stars opposite Vince Vaughn in a remake of Starbuck, a popular French-Canadian film about a man who finds personal redemption when he learns he is the father of 533 children.

"I went into watching Starbuck and then reading this script, like, '533 kids ... from a



Cobie Smulders stars in Delivery Man. THE CANADIAN PRESS

sperm donor! What's this going to be?"

"It's still super funny, but I found myself affected by the way he connected with the children. Going out and doing a good deed and having it affect somebody in a positive way. I've always believed when you do good, you get good in return."

The sweet, uplifting message of Delivery Man struck a chord with Smulders, who says she "related to it on a parental level. I'm a mom myself and I think it touched upon so many

Starbuck strikes a chord

The story of a sperm donor with 533 children resonates with audiences. The original film was 2011's most successful homegrown film in Quebec. Smulders thinks the appeal has to do with its universality. "It's a blown up version of something that happens in real life," she says.

themes of family."

A new poised, mature JLaw? Don't bet your Grubby Paws

Celeb department.

The Hunger Games star really meant to be less goofy this time around, but as she tells Metro, it's not working out



NED EHRBAR
ned.ehrbar@metro.lu

I love the haircut.

Thank you. I know, I'm like a cat back from the groomers where I'm so insecure. I need as much positive reinforcement as I can get.

As soon as something went up about your haircut, someone online chimed in with, "It must be a wig."

Yeah, I know. That's just how it works. The most important thing is to not read it, Jennifer! I'm really good at it. The only time that it does happen is when I'm with friends. I have two friends that are avid Googlers. They basically do what I would do if I didn't have the self-esteem. They're like, "What is everybody saying about Jennifer?" It's sweet; they care.

When my Dior photos came out, I hadn't seen them so they looked them up on whatever website with all these comments, and I saw the comments and I was like, "I can't stop myself!" I started scrolling and it was like, "She's so conceited!" "She's a pig and I hope she dies!"

Never read the comments.

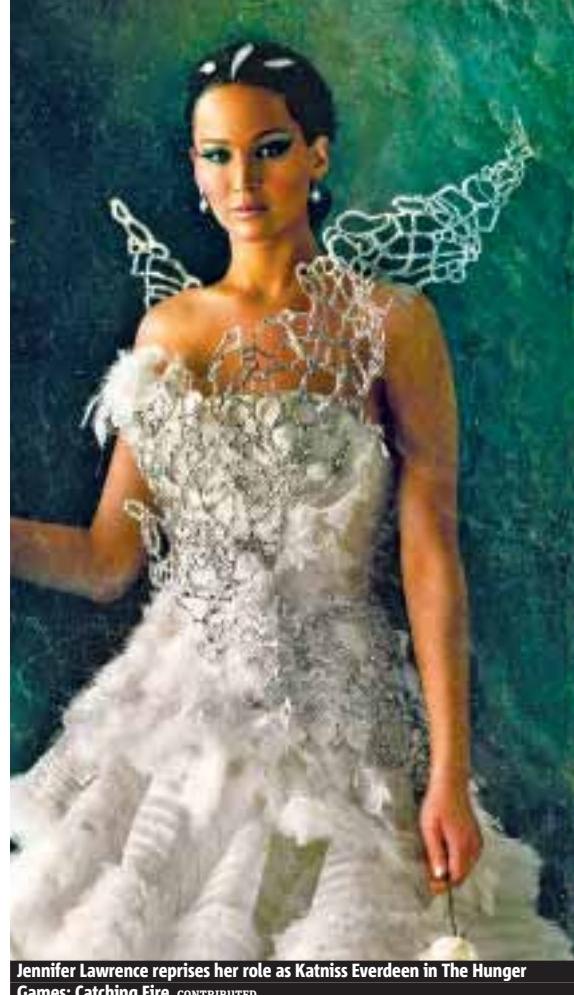
Exactly. I was like, "I'm sorry if I look conceited — I understand — in Dior couture clothes. But I didn't get to keep them. Why would you want me to die?" But that's just how the world works. I'm not going to get worked up about it.

Pixie 'do



"I know, I'm like a cat back from the groomers where I'm so insecure."

Jennifer Lawrence on her new haircut



Jennifer Lawrence reprises her role as Katniss Everdeen in *The Hunger Games: Catching Fire*. CONTRIBUTED

Can I tell you the most ridiculous thing I've read about you?

Yes!

There was this inside Hollywood post on Reddit where someone wrote, "Jennifer Lawrence employs a professional joke-writer."

Employs a professional joke-writer? Oh my God, that is my biggest fear with this new (*Hunger Games* movie), because we're doing (press junkets) again.

Last night I was laying in bed going, "Everybody's obviously going to get sick of it, the goofy, crazy (stuff). It was maybe funny for one season, but if it just continues everybody's going to be like, 'OK, calm down.'

So I, like, tried to make a conscious effort to be poised and mature this time around. I was like, "I have to change

myself."

How's that working out?

It's not. But I just have this thought that everybody's going to think it was perfectly planned. That actually goes into my nightmares. If I had read that, I would've been like, 'Oh my God, how do I prove that it's not true?'

But it will exhaust me. I'm so anxious and high-strung, and I'm such a worrier anyway that I've gotten good about making a wall of the things that I can't (deal with). I'm like, "I can't even begin to worry about you right now. I'm already worried about cancer."

I worry about cancer.

Yeah, everybody does. And then worrying gives you cancer. Everything does.

You've been very outspoken

about body image issues and negativity.

We need to go easy on each other. And the media is so responsible for it. The worst part is that they pretend they aren't responsible for it. They're like, "It's the real world." Everybody puts that defence up of, "Oh, this is just the way the world works." But what if we said that in the '40s and '50s when black people had to use different bathrooms? "Sorry, welcome to the real world." Until you stand up for something and change it, the world isn't going to change.

Have you ever come up with weird nicknames for parts of your body?

No, I haven't. Should I?

For instance, I've been referred to — affectionately — as Sausage Fingers.

Oh my God! I'm Grubby Paws because I have sausage fingers too! Cool (high-fives)! Can you get liposuction in your fingers? I need to find a surgeon who will do that. My feet are very individual. My giant shoulders, at least they'll protect me.

What's the most inappropriate thing you've done with your Oscar?

I put it in a closet by my bathroom — but only because it made me feel weird to look at it because I was like, "What am I supposed to feel? Am I feeling what I'm supposed to?" It made me over-think in my own house.

And then I didn't want anybody who's coming over (to see it). The last thing I want you ... to be is intimidated. So it's with my parents now. My mom can intimidate people.

Tech

Delightful Death Star



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Kris Abel
RealKrisAbel
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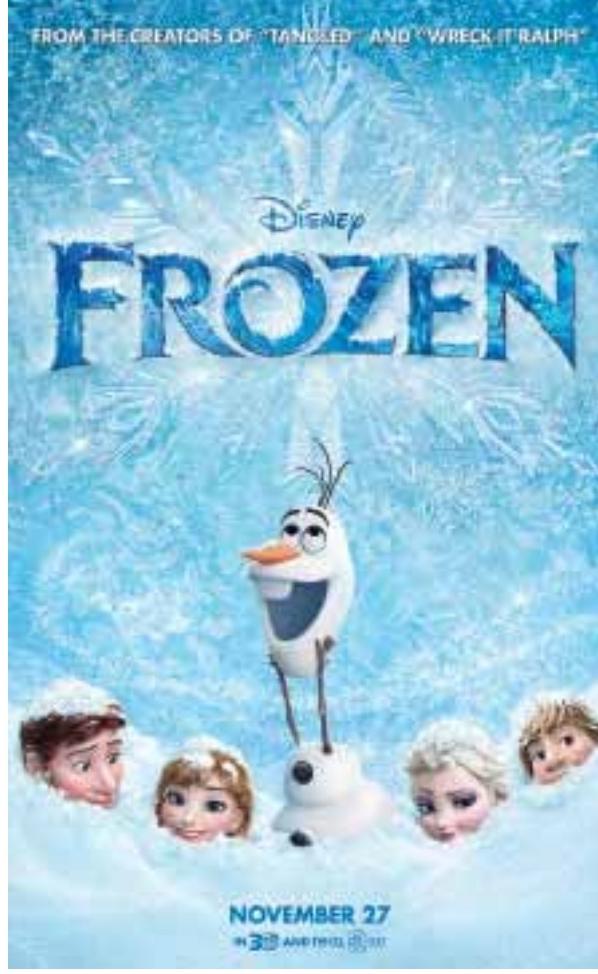
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Meet the new kids

New face: Finnick Odair (played by Sam Claflin)

Who he is: An attractive and agile former contestant not above using his looks to get what he wants.

Downside of popularity: "As much as there was a fair bit of negativity when I was cast initially, I think now a few people have been turned, and my goal is to obviously turn the world. That's what Finnick's goal is, as well, so I guess that I



have that in common with him," says Claflin. "Approaching a character that is described as some kind of god was kind of tough, to say the very least. I had to go through some huge physical transformations, (including) a shaved chest."



New face: Johanna Mason (played by Jenna Malone)

Who she is: An ax-wielding loose-cannon of a Hunger Games victor with a flair for the dramatic.

What makes her special: "What I thought was so amazing about Johanna Ma-

son is that she doesn't sugar-coat and she is hard core and truthful and violent and angry, and all of those things are not just cool aspects of her," says Malone.

"I don't really think there's anything that's (just for the sake of being) a badass thing. I think it's actually a survival technique, and I think that's a really interesting thing to talk about for young women; to understand that they can take on tools and personality traits that may not be their own, but they can use them in forms of survival to be able to sort of elevate themselves in the world."

Talk about a revolution

Donald Sutherland and Jeffrey Wright discuss the movie's politics:

The Hunger Games is entertainment, sure, but there are some interesting political messages buried in there for young audiences. And for Donald Sutherland, who co-stars as the villainous President Snow, that was the real appeal. "It was essential for me personally that I somehow found my way to become a part of this because it more clearly represents the dangers of an oligarchy of the privileged than anything I've seen for a long, long time," he says.

cent run amok. "I think what's fascinating about the movie is that it's kind of this universal spectrum that allows anyone to insert themselves into the world and really express their own perspective and their own politics within it," he says.

"The politics for the young people in the movie are very simple. They're politics around hope, family, security, love and all of these very simple, universal themes that we all relate to."



Jeffrey Wright, who joins the series in Catching Fire, thinks the political power of The Hunger Games goes beyond warnings about the one per

THE CATCHING FIRE GUIDE

The Hunger Games sequel finds hero Katniss Everdeen back in the arena, competing with ex-winners. Here's what else you need to know.

NED EHRBAR

Metro World News



Why we need Katniss

Elizabeth Banks on the lack of strong female heroes:

What makes The Hunger Games great, to hear Elizabeth Banks explain it, is that Katniss Everdeen is a "badass female protagonist." And the actress who plays her isn't too shabby, either. "Jennifer is an amazing actress who gets amazing roles, and I wish that she gets them always and forever for the rest of her life," says Banks, who co-stars as fancy-pants minder Effie Trinket in the

film series. "I've been doing it a little longer, and I know there are a lot of girlfriend roles out there and a lot of wives and a lot of supporting roles that are less interesting than Katniss."

"I hope that she gets to play Katniss-level roles for ever and ever. They're rare, and I think with this movie, (and) Gravity — I'm so excited to be seeing such amazing, strong female role models in the movies for the 50 per cent of the moviegoers who are ladies."



The new director

building in The Hunger Games, so we worked with the same production designer to make sure that the Capitol was still built from the same architecture, that District 12 still had the same almost 1930s Appalachia feel."

"One of the things that I wanted to make sure of was that there was still an esthetic unity to all of the movies," he says. "I thought Gary did an amazing job with the world-

Dystopia: So hot right now

Books, movies and TV shows angling to be the next Hunger Games:

Can't get enough of the dark, foreboding future of The Hunger Games? Well, plenty of authors and filmmakers are hoping so, as there are a number of other properties out there tapping into our current obsession with a bleak future.

Divergent: Both a book series and a forthcoming (presumed) film franchise, this one also has a plucky female protagonist, Tris, in a future world divided up into sections — this time by moral code. You can read the books or wait for the first film, starring Shailene Woodley and Theo James, in March.

Revolution: NBC's series about survivors of a world

suddenly gone electricity-free is well into its second season, and even features a young girl who's handy with a crossbow.

The Maze Runner: Think of it as The Hunger Games but without the girl. The boys in the mysterious "glade" contend with monsters and mazes in search of freedom. Again, if reading isn't your thing, there's a movie adaptation out next year.

Proxy: Alex London's novel also takes place in a nightmare future U.S. of sorts, this time with the Haves employing the debt-laden Have-Nots to suffer their punishments for them as "proxies." And on top of all that, its main proxy protagonist, Syd, is gay. There's a second book due next spring.



The NBC series Revolution is now in its second season. CONTRIBUTED

THESE PAGES COVER MOVIE START TIMES FROM FRI., NOV. 15 TO THURS., NOV. 21. TIMES ARE SUBJECT TO CHANGE.

Cinema City McGillivray
2190 McGillivray Blvd.

About Time (PG) Fri 4:30-7:25-
10:10 Sat-Sun 1:45-4:30-7:25-10:10
Mon 4:05-6:50-9:35 Tue 4:30-7:25-
10:10 Wed-Thu 4:05-6:50-9:35
The Amazing Spider-Man (14A)
Sat 9:45
Captain Phillips (14A) Fri 4:6-55-
9:55 Sat-Sun 12:45-3:50-6:55-9:55
Mon 4:9:55 Tue 4:6:55-9:55 Wed
4:6:55 Thu 4:6:55-9:55
Ender's Game (PG) Fri 9 Sat-Sun
9:45 Mon-Wed 9
An Evening With Crystal Pite (STC)
Sun 12:55
Free Birds (G) Sat-Sun 1
Free Birds 3D (G) Fri 4:30-6:50
Sat-Sun 3:15-5:25-7:35 Mon-Thu
4:30-6:50
Gravity 3D (PG) Fri 5:45-8:05-10:20
Sat-Sun 1:15-3:30-5:45-8:05-10:20
Mon-Wed 5:45-8:05-10:20 Thu 5
Fri 8-10:20 Sat-Sun 4:45-7:50-10:25
Mon 7:45-10:15 Tue 8-10:25 Wed
7:45-10:15
Hotel Transylvania 3D (G) Sat 10
The Hunger Games: Catching Fire
(PG) No Passes Thu 8-0:5-8:30
Jackass Presents: Bad Grandpa (14A)
Fri 5:35-7:55-10:40 Sat 12:55-3:20-
5:35-7:55-10:40 Sun 3:20-5:35-7:55-
10:40 Mon 5:35-7:55-10:10 Tue
5:35-7:55-10:40 Wed 3:35-10:10 Thu
5:35-7:55-10:10
Last Vegas (PG) Fri 5:30-8-10:35
Sat-Sun 12:30-3-5:30-8-10:35 Mon
4:40-7:10-9:35 Tue 5:30-8-10:35
Wed-Thu 4:40-7:10-9:35 Fri 7:20-
9:50 Sat-Sun 4:15-7:10-9:55 Mon
7:20-9:45 Tue 7:20-9:55 Wed 7:20-
9:45 Thu 7:30-10
Men in Black 3 (PG) Sat 9
The Pirates! Band of Misfits (G)
Sat 9:15
The Smurfs (G) Sat 9:30
Thor: The Dark World (PG) No
Passes Fri 4:15-7:50 No Passes Sat-
Sun 1:30-4:15-7:9:50 No Passes Mon
4:7-9:50 No Passes Tue-Wed 4:15-7-
9:50 No Passes Thu 4:50-5:30-9
Thor: The Dark World 3D (PG)
No Passes Fri 5:30-6:45-9:25 No
Passes Sat-Sun 3:40-6:30-9:25 No
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4:50-7:40-10:30 No Passes Sat-Sun
2:45-7:40-10:30 No Passes Mon



Thor: The Dark World CONTRIBUTED

4:50-7:30-10:15 No Passes Tue 4:50-
7:40-10:30 No Passes Wed 4:50-7:30-
10:15 No Passes Thu 7:30-10:15

Cinema City Northgate
1399 McPhillips Street

42 (PG) Fri-Thu 9:40
After Earth (PG) Fri-Thu 1:50-4:20-
6:55-9:20
The Croods 3D (G) Fri-Thu 1:05-
3:25-5:40-8
Escape From Planet Earth 3D (PG)
Fri-Thu 12:55-3:10-5:20-7:30
Four Sisters and a Wedding (STC)
Fri-Thu 12:50-3:50-6:50-9:50
G.I. Joe: Retaliation 3D (14A) Fri-
Thu 10:15
The Hangover Part III (14A) Fri-
Thu 2:430-7:10-9:30
Jatt & Juliet 2 (PG) Fri-Thu 1:4-7-10
Oz the Great and Powerful 3D (PG)
Fri-Thu 1:10-4:10-7:20-10:05
Pain & Gain (18A) Fri-Thu 1:30-
4:25-7:25-10:10

Cinematheque
304-100 Arthur

Men With Beards (STC) Fri-Sat 9
Sun 7 Thu 9
No Films Showing Today (STC)
Mon-Wed

Famous Players
Kildonan Place
1555 Regent Ave W

Captain Phillips (14A) Fri 7:10-
10:15 Sat-Sun 1:10-4:10-7:10-10:15
Mon-Thu 5:30-8:30

Ender's Game (PG) Fri 7:30-10:15
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Free Birds (G) Fri 7:20-9:40 Sat-Sun
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Gravity 3D (PG) Fri 6:50-9:20 Sat-
Sun 1:50-4:30-6:50-9:20 Mon-Thu
5:50-8:10

The Hunger Games: Catching Fire
(PG) No Passes Thu 8

Jackass Presents: Bad Grandpa (14A)

Fri 7:40-10:10 Sat-Sun 2:10-4:40-
7:40-10:10 Mon-Thu 6:10-8:40

Thor: The Dark World 3D (PG) No

Passes Fri 7:10-10 No Passes Sat-Sun

1:30-4:10-7:10-10 No Passes Mon-Thu
5:40-8:30

Grant Park 8 Cinemas
1120 Grant Ave.

12 Years a Slave (14A) Dolby Stereo,
No Passes Fri 3:20-6:35-9:50 Dolby
Stereo, No Passes Sat-Sun 12:20-
3:20-6:35-9:50 Dolby Stereo, No
Passes Mon-Thu 3:20-6:35-9:50
About Time (PG) Dolby Stereo Fri
3:50-6:55-10:05 Dolby Stereo Sat-
Sun 12:45-3:50-6:55-10:05 Dolby
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Ender's Game (PG) Dolby Stereo Fri
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Free Birds (G) Dolby Stereo Fri-Thu
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Dolby Stereo Mon-Thu 7:15
Gravity (PG) Dolby Stereo Fri
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The Hunger Games: Catching Fire
(PG) Dolby Stereo, No Passes Thu
8:9:40

Jackass Presents: Bad Grandpa (14A)
Dolby Stereo Fri-Wed 9:55
Last Vegas (PG) Dolby Stereo Fri
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1:25-4:05-7:10-9:55 Star & Strollers

Screening Wed 1

Ender's Game: The IMAX Experience
(PG) Fri-Sun 1:40-7:30 Mon-Wed

2:30-7:30 Thu 1:55
Escape Plan (14A) Fri-Sun 10:10-
Mon-Wed 9:30

An Evening With Crystal Pite (STC)
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Free Birds (G) Fri 12:35 Sat 12:35-
5:55 Sun 12:35 Mon-Wed 2:15 Thu
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Free Birds 3D (G) Fri-Sun 2:50-5:05-
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Gravity 3D (PG) Fri-Sun 12:55-3:20-
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7:20-9:40 Thu 1:30-4:10-7:15-9:45

Hotel Transylvania 3D (G) Sat 10
The Hunger Games: Catching Fire
(PG) No Passes Thu 8:30-9

The Hunger Games: Catching Fire —
The IMAX Experience (PG) No
Passes Thu 8

Jackass Presents: Bad Grandpa (14A)
Fri-Sun 1:10-3:30-6-8:20-10:40
Mon-Wed 3:10-5:35-8:05-10:25 Thu
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Last Vegas (PG) Fri-Sun 12:25-3-
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7:25-10:05 Thu 1:15-3-5:55-6:35

Men in Black 3 (PG) Sat 9
The Metropolitan Opera: Eugene
Onegin - Encore (STC) Sat 11:55
Out of Africa (STC) Thu 7

The Pirates! Band of Misfits (G)
Sat 9:15
Rush Clockwork Angels Tour (G)
Mon 7:30

The Smurfs (G) Sat 9:30
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Thu 1:05
Cloudy With a Chance of Meatballs
2 3D (G) Fri-Sun 2:50-5:15-7:40
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Delivery Man (PG) Thu 9:30
Ender's Game (PG) Fri-Sun 1:30-
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Screening Wed 1

Ender's Game: The IMAX Experience
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Mon-Wed 9:30

An Evening With Crystal Pite (STC)
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Escape Plan (14A) Fri-Sun 8-10:40
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An Evening With Crystal Pite (STC)
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The Hunger Games: Catching Fire
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Jackass Presents: Bad Grandpa (14A)
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Last Vegas (PG) Fri-Sun 12:25-3-
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Men in Black 3 (PG) Sat 9
The Metropolitan Opera: Eugene
Onegin - Encore (STC) Sat 11:55
Out of Africa (STC) Thu 7

The Pirates! Band of Misfits (G)
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Rush Clockwork Angels Tour (G)
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The Smurfs (G) Sat 9:30
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1:20-4:10 No Passes Thu 2-4:50

Thor: The Dark World 3D (PG) No
Passes Fri-Sun 1:50-4:40-7:30-10:20
No Passes Mon-Wed 1:20-4:10-7-
9:50 No Passes Thu 7-7:40-9:50-
10:30 No Passes Fri-Sun 11:45-2:30-
5:20-8:10-11 No Passes Mon-Wed

2-4:50-7:40-10:30 No Passes Thu
1:20-4:10 No Passes Thu 2-4:50

Thor: The Dark World 3D (PG) No
Passes Fri-Sun 1:50-4:40-7:30-10:20
No Passes Mon-Wed 1:20-4:10-7-
9:50 No Passes Thu 7-7:40-9:50-
10:30 No Passes Fri-Sun 11:45-2:30-
5:20-8:10-11 No Passes Mon-Wed

2-4:50-7:40-10:30 No Passes Thu
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Thor: The Dark World 3D (PG) No
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No Passes Mon-Wed 1:20-4:10-7-
9:50 No Passes Thu 7-7:40-9:50-
10:30 No Passes Fri-Sun 11:45-2:30-
5:20-8:10-11 No Passes Mon-Wed

2-4:50-7:40-10:30 No Passes Thu
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Thor: The Dark World 3D (PG) No
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No Passes Mon-Wed 1:20-4:10-7-
9:50 No Passes Thu 7-7:40-9:50-
10:30 No Passes Fri-Sun 11:45-2:30-
5:20-8:10-11 No Passes Mon-Wed

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1:20-4:10 No Passes Thu 2-4:50

2:20-5:10-8-10:50 No Passes Mon-
Thu 1:50-4:40-7:30-10:20

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Captain Phillips (14A) Fri-Sun 1-4-
7:10-10:15 Mon-Thu 1-4-7:10-10:10

Cloudy With a Chance of Meatballs
2 (G) Fri-Sat 11:50-12:50 Sun 12:50
Mon-Thu 1:45

Cloudy With a Chance of Meatballs
2 3D (G) Fri-Sun 3:15-5:40 Mon-
Thu 4:35

Ender's Game (PG) Fri-Sun 2:05-
4:45-7:40-10:30 Mon-Tue 2:05-4:45-
7:30-10:15 Wed 2:05-4:45-10:15 Thu
1:05-3:45

Escape Plan (14A) Fri-Sun 8-10:40
Mon 10:05 Tue-Wed 7:20-10:05 Thu
10:05

An Evening With Crystal Pite (STC)
Sun 12:55
Free Birds (G) Fri-Sun 12:30 Mon-
Thu 12:50

Free Birds 3D (G) Fri-Sun 2:40-4:50-
7:05-9:30 Mon-Wed 3-5:10-7:25-9:35

Thu 3:5-10
Gravity 3D (PG) Fri-Thu 12:55-
3:10-5:30-7:50-10:25

The Hunger Games: Catching Fire
(PG) No Passes Thu 8:30 No Passes

Thu 8

Jackass Presents: Bad Grandpa (14A)
Fri-Sun 1:10-3:35-6-8:20-10:50
Mon-Wed 3:10-5:35-8:05-10:25 Thu
1:40-4:10-6:30-9:30

Last Vegas (PG) Fri-Sun 12:25-3-
5:35-8:10-10:45 Mon-Wed 2-4:45-
7:25-10:05 Thu 1:15-3-5:55-6:35

Men in Black 3 (PG) Sat 9
The Metropolitan Opera: Eugene
Onegin - Encore (STC) Sat 11:55
Out of Africa (STC) Thu 7

The Pirates! Band of Misfits (G)
Sat 9:15
Rush Clockwork Angels Tour (G)
Mon 7:30

The Smurfs (G) Sat 9:30
Thor: The Dark World (PG) No
Passes Fri-Sun 1:05-3:50-6:50-9:40

No Passes Mon-Wed 12:45-3:30-
6:30-9:20 No Passes Thu 3:45-6:30-
9:20 Star & Strollers Screening, No
Passes Thu 1

Thor: The Dark World 3D (PG) No
Passes Fri-Sun 1:50-4:40-7:30-10:20
No Passes Mon-Wed 1:20-4:10-7-
9:50 No Passes Thu 7-7:40-9:50-
10:30 No Passes Fri-Sun 11:45-2:30-
5:20-8:10-11 No Passes Mon-Wed

2-4:50-7:40-10:30 No Passes Thu
1:20-4:10 No Passes Thu 2-4:50

Thor: The Dark World 3D (PG) No
Passes Fri-Sun 1:50-4:40-7:30-10:20
No Passes Mon-Wed 1:20-4:

Meanwhile in Europe



SOUND CHECK
Alan Cross
scene@metronews.ca

A polished-up formerly-lost Peter Gabriel track, lots of talented banging from Rakede and the Russian Police Choir's Daft Punk cover

Courage

Courage/Peter Gabriel

While this formerly lost track turned up on the 25th anniversary reissue of the So album last year, it's now been refurbished, added to and remixed. Welcome back to 1986



Bitte Bitte/Rakede

A totally acoustic performance involving a German band, six beer bottles and lots of banging on a wooden table. The best bit comes when one guy sucks in some helium for his vocal part at about the 1:04 mark.



Get Lucky/Russian Police Choir

A rehearsal for a Kremlin concert features a Daft Punk song and was posted on YouTube. They win the Internet this week.

The Beatles. CBS to run 50th anniversary special for band's U.S. milestone



Ed Sullivan, center, stands with The Beatles during a rehearsal for the British group's first American appearance. AP PHOTO

CBS is planning a two-hour special to mark the 50th anniversary of the Beatles' groundbreaking first appearance on The Ed Sullivan Show.

The Feb. 9 special will be billed as a Grammy Awards salute to the Beatles. It will be recorded the day after the Grammys are held two weeks earlier. Top contemporary artists will cover

songs the Beatles performed on Sullivan, a historic night in music that launched Beatlemania in the United States.

The special will be aired 50 years to the day the Beatles appeared on Sullivan, in the same time slot and on the same network.

No participating artists were announced Thursday.
THE ASSOCIATED PRESS

Video Game Review

Knack

System. PS4

Rated. Everyone 10+

• • • •

The first game for the new PlayStation 4, Knack is a hero who changes size as he absorbs rocks, crystals, and other materials around him. This keeps you on your toes, always adapting for when he's nimble-yet-weak as a little guy, or capable of Godzilla-like rampages when he's a giant. Crystals make him stealthy, but ice will melt him in sunlight, and each transformation is a chance to show off the PS4's vibrant, graphics. The family-friendly characters could use more charm, but the game is clever and rewarding. KRIS ABEL/METRO



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Mark Wahlberg. ALL PHOTOS GETTY IMAGES

Comparing part-prep to military life? Don't say hi to your mother for me!

While Mark Wahlberg plays a Navy SEAL in his latest film, *Lone Survivor*, he wants to make it very, very clear that his training for the film pales in comparison to being an actual SEAL.

"For actors to sit there and talk about, 'Oh, I went to SEAL training?' I don't give

a f— what you did," he said during a post-screening Q&A in Los Angeles. "You don't do what these guys did. For somebody to sit there and say my job was as difficult as being in the military? How f—ing dare you, while you sit in a makeup chair for two hours."

Twitter



@TomArnold

What are the ethics on this?: You tweet something incredibly inappropriate but you delete it a couple hours later. It never happened, right?

@mindykaling

I love cornbread so much I wish that my nickname was Cornbread

@joeldavidmoore

Why do I feel like I have 10 lbs of coke in the trunk and just ran over a nursery every time a cop is behind me.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Your honour, I never cuddled with that woman!

PAT HEALY

Metro World News

Alec Baldwin can sleep easier at night knowing his stalker is behind bars.

On Thursday, a New York City judge found Canadian actress Genevieve Sabourin, 41, guilty of stalking, attempted aggravated harassment, harassment and attempted contempt of court. She was sentenced to six months in jail.

The trial was dramatic, even by New York City

standards. The two did seem to have some history: Baldwin admitted on the stand he had dinner with Sabourin three years ago at an Upper East Side restaurant but said it was to give her "career advice." She claims that afterwards, the two had sex and then "cuddled," which the 30 Rock actor denies (both the sex and cuddling). Baldwin allegedly said, "I make the best omelettes in the world and I'd be happy to make you omelettes every morning for the rest of your life." He also promised her a trip to meet Richard Gere. Hello single girl fairy tale! But then once he met his current wife, Hilaria, the fairy tale ended. And that's when her stalking began, with frantic calls, emails and even uninvited appearances at his house.



Matthew McConaughey

McConaughey might be in the market for a few new shirts

Matthew McConaughey's career transformation over the past two years might have something to do with realizing his public image had gotten a bit ... fluffy. "I get it," McConaughey tells GQ magazine. "Outdoors, shirtless on the beach, does a lot of rom-coms, girlfriends

love him, good-looking. It's like he rolls out of bed and shows up and makes it look easy." But while he's gotten more serious in the roles he chooses, some things never change. "Of course I still play the congas naked," he says. "I just close the windows."



Lily Allen

Lily Allen responds to video backlash

Lily Allen's return to music after a four-year hiatus is off to a bumpy start, with critics crowding that her new video, Hard Out There, is racist. So Allen has taken to Twitter to defend herself. "If anyone thinks for a second that I re-

quested specific ethnicities for the video, they're wrong," she writes. "The video is meant to be a lighthearted satirical video that deals with objectification of women within modern pop culture. It has nothing to do with race at all."

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To sip, or not to sip: that is the question when it comes to brown spirits.

Whisky aficionados will tell you the only way to properly appreciate their chosen tipple is as far away from mix as possible. Except for seafaring scallywags, your average rum drinker is much more cocktail-oriented.

Well, we're all a pirate at heart, and rum has seen an upswing as the devoted take a pass on coke and dive into the nuances a fine cane spirit reveals right out of the bottle. It's the smaller batch, pot-still output that tastes best as a singular liquid entity.

Demerara has a reputation for being the cognac of rums. Typically dark and oak-aged, they're a sophisticated sipper, especially served over ice.

El Dorado 12 Year Old Demerara Rum (\$33.95 to \$37.99) is a blend of molasses spirit that's rested in used whisky barrels for a dozen years. The outcome is spicy and begs for contemplation. Hide it under mix if you must, but I don't know why you'd want to.

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The bottle is a dark amber color with a gold label featuring the brand name and year. The glass is clear with a dark base.

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One-pot chili – but hold the tomato base

Recipe. Flip this classic dish on its head by changing up the base sauce and go for a creamy approach to winter warmth



ROSE REISMAN
For more, visit [rosereisman.com](#) or follow her on twitter @rosereisman

This time of year is perfect for a one-pot chili dish. This variety is made without tomato sauce. A white sauce is used instead, which is creamy and delicious. You can always use leftover cooked turkey or chicken breast and top it

Nutritional analysis**Per serving:**

- Calories: 255
- Carbohydrates: 26.5 g
- Fibre: 6.4 g
- Protein: 25.4 g
- Total fat: 5.8 g
- Saturated fat: 1.7 g
- Cholesterol: 35 mg
- Sodium: 400 mg

Source: The Best of Rose Reisman (Whitecap Books) By: Rose Reisman



This Turkey and Kidney Bean Chili puts a different spin on a traditional dish. ROSE REISMAN

with whatever condiments you like.

1. Dust the turkey with flour. Sauté in 2 tsp oil just until browned on all sides (about 3 minutes). Do not cook through. Set aside.

2. Sauté the onion in 1 tsp oil for 5 minutes. Add the corn and sauté for 5 minutes until lightly browned. Add the red pepper, garlic, cumin, jalapenos and salt and pepper and sauté for 3 minutes.

3. Add 1 1/2 cups of the beans. Purée the remaining 1/2 cup with 1/2 cup of chicken stock. Add to the pot

Prep time: 15 minutes
Bake time: 33 minutes

- 12 oz diced turkey breast
- 3 tbsp all-purpose flour
- 2 tsp vegetable oil
- 1 1/2 cups diced onion
- 1 tsp vegetable oil
- 1 cup corn
- 3/4 cup diced red pepper
- 2 tsp chopped garlic
- 2 tsp cumin powder
- 1/2 tsp minced jalapeno

along with the remaining stock. Cover and simmer for 15 minutes until thickened. Add the turkey and cheese

peppers (add a few seeds for extra heat)

- pinch of salt and pepper
- 2 cups canned white cannellini beans, drained and rinsed
- 2 cups low-sodium chicken stock
- 1/2 cup grated white aged cheddar cheese

Garnish: chopped cilantro, grated aged orange cheddar cheese, diced tomatoes

and cook for 2 minutes.

4. Garnish with cilantro, aged cheddar and tomatoes.

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Weather the winter in a warmer home

DIY. With a few quick projects, you can save money on heating bills

To keep your family warm and the energy bill down this winter, invest a few hours in some small and simple DIY projects. With minimal tools or experience, it's easy to fix poor insulation or chilly drafts that normally send you running for the thermostat. Even minor improvements can help put money back in your wallet over the course of a long Canadian winter.

Slip on a water heater blanket

Water heaters warm to the touch are losing heat and costing money. If a new energy efficient water heater isn't in the budget, quickly installing a blanket is an affordable way to

prevent heat from escaping. Blankets for gas-fired water tanks should be installed by a professional to avoid potential fires.

Install plastic window insulation

Block out cold drafts and lock in the warm air with plastic window insulation. While many new homes have high energy efficiency windows, they're an expensive investment and are best installed in the spring or summer.

For a fast and temporary fix, plastic window insulation can go a long way in lowering your energy bill and keeping your family warm. Simple to install and barely visible, the sheets are easily peeled off in the spring.

Caulk the windows

For a more permanent fix, consider getting out the old caulking gun and resealing

DIY Network

- For more ideas on creating the best home for your family, tune in to Family Under Construction, Tuesdays on DIY Network Canada.

windows. To find out where heat is escaping, carefully move a candle around each window frame and watch for the flame to bend. Make sure to tie back curtains, blinds or anything else that could catch fire before beginning.

Next, pick the proper caulking with the help of a local professional. Once the old caulk has been removed with a putty knife or razor blade, you're ready to start caulking.

Insulate with a storm door

In the summer months,



Resealing windows with a caulking gun can help block out cold drafts. ISTOCK

storm doors are excellent for letting in extra sunlight and increasing ventilation. In the winter, they provide an added layer of insulation and are great for locking out the cold.

Most storm doors come in kits that make it easy to install in an afternoon. For the most savings, look for a door with a high energy efficiency rating.



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Holiday gift guide

Tech the halls

Toys that will tickle the toddlers on your list



MIKE
YAWNEY
For Metro

Children's toys are getting much more high-tech. Watch your little one's eyes light up in delight when they unwrap these gifts this holiday season.

Furby Boom — \$59.97

This hot new toy has even more personality than previous models. Expect more interaction, emotions, plus new artificial intelligence. A polished new iOS and Android companion app will have kids feeding their Furby, playing games with them and looking after virtual baby Furbies. Warning to parents — you may need earplugs since Furby talks ... a lot.

Sphero 2.0 — \$129.99

A robotic ball you control with

your Android or iOS device. With speeds at seven-feet-per-second, Sphero 2.0 is great for pulling off stunts around the house or outside. Internal lights illuminate the ball as it rolls, plus a wide variety of games can be downloaded to your device, making sure the fun never ends. Add the "nubby" skin to give it even more grip.

Hasbro Zapped Games — various prices

Bring the family together with a new twist on classic board games. Place your iOS device in the middle of the board and watch as the games come to life. Stuck in jail in Monopoly? Play a mini-game to get out for free. Games include Monopoly, The Game of Life, Battleship and many more.

Nintendo 2DS — \$129.99

The newest member of Nintendo's hand-held family. All the features of the 3DS minus the 3D viewing. The new form

factor doesn't fold like the original, but it's still great for gaming on the go. Compatible with all existing 3DS titles.

Philips Friends of Hue Lightstrips — \$89.95

Are your kids afraid of the dark? Stick these lightstrips under their bed or in their bedroom to give a soft glow at night. Pick from one of more than 16 million colours and control the brightness using the app designed for your iOS device (requires Philips Hue Bridge accessory).

Belkin Lego Builder Case for iPod — \$29.99

A protective case for your child's iPod with a twist. The back contains a Lego base plate, allowing your child to add pieces, customizing their

own case. Available in a variety of colours.

Nerf Firevision — \$19.99 and up

Play football in the dark. This football contains micro-prism technology that glows in the dark when kids wear the special Firevision frames. The glow can be seen from more than 100 feet away. No charging required. A Firevision Flyer Disc and hyper Bounce Ball are also available.

LeapReader — \$59.99

Give the gift of learning. This electronic pen will help your youngster learn to read and

Furby Boom — \$59.97, clockwise, from top centre, LeapReader — \$59.99, Nintendo 2DS — \$129.99, Nerf Firevision — \$19.99 and up, Sphero 2.0 — \$129.99, Laser Pegs — various prices, Belkin Lego Builder Case for iPod — \$29.99, and iHeart Diary Electronic Locket — \$24.99.

write while having fun. When the pen is used alongside special LeapReader books (sold separately), it can sound out letters, words, and teach children to form letters and numbers with stroke-by-stroke guidance.

Dice+ — \$39.99

A cool way to enjoy digital versions of board games without losing the pleasure of throwing dice. This digital die works with interactive board games on your Android or iOS tablet. Roll the Dice+ and watch as the result is sent directly to the game. The best part? No cheating.

Laser Pegs — various prices

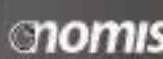
Plastic building blocks that light up. Each plastic piece contains a tiny LED light that feeds the next with a low-voltage current, letting you create amazing light up creations. Purchase building sets or make your own creations.

iHeart Diary Electronic Locket — \$24.99

A great gift for young writers. This electronic locket sends a secret digital code to your iPad to unlock the diary app. Add pictures, drawings and memories, or speak directly into the locket and have it record your notes for you. There is also a button to erase all personal content, just in case.



WINNIPEG'S SNOWBOARD SHOP



Appy holiday shopping

Assistance. Use your mobile device to find deals and streamline your gift buying

MICHELLE WILLIAMS
For Metro

Not quite prepared to face the mall crowds without a little assistance? Check out some of the cool apps recommended by Canadian tech blogger and app aficionado Pauline Grant, which you are sure to find helpful this season.

Looking for deals?

App: RedFlagDeals
Available on: iTunes

How it helps: Canadian deal site that features deals near you, coupons, flyers and access to its forums.

Cost: Free

Why you will love it: Access to tons of info, especially forums with lots of one-day pricing deals.

Looking to streamline your online shopping?

App: CardStar

Available on: All platforms (iPhone, Android, Blackberry, Windows Phone, Nokia)

How it helps: Consolidates all your loyalty cards in one app to avoid the dreaded wallet overload.

Cost: Free

Why you will love it: Handy for quick online shopping — you are less likely to get frustrated looking for a loyalty card.

Looking to track gift-giving lists and budgets?

App: mGifts

Available on: iTunes (iPhone, iPad)

How it helps: Fully-customizable gift list and budget track-



Mobile devices can help you find deals and streamline your holiday shopping. MJTH/SHUTTERSTOCK

ing capabilities for holidays and all year. Organize gift lists by groups (e.g., family, co-workers) and track the status of a gift from idea to purchase to wrapped to given.

Cost: \$4.99 (occasionally on sale for less)

Why you will love it: Password protected so gift ideas are for your eyes only. Bonus — it syncs to iCloud, making the data available on multiple devices.

App: Gifted

Available on: Android devices

How it helps: Flexible, customizable app to keep track of gifts, gift ideas and important events for your contacts

during holidays and year round.

Cost: Free

Why you will love it: Scans a barcode to the list and takes pictures of gifts. Gifts also protected by a pass code.

Looking for favourite retailer apps?

App: Amazon Mobile

Available on: iPhone, iPad, Android, Android Tablet, Windows Phone

Cost: Free

Why you will love it: Easy access to find a gift recipient's wish list, read reviews and make quick purchases from amazon.ca.

App: Canadian Tire

Available on: iPhone, iPad, Android, BlackBerry

Cost: Free

Why you will love it: Exclusive early access to the weekly flyer, which has a great functionality to add items to a shopping list and check inventory at nearby stores.

App: Indigo

Available on: iPhone, iPod Touch, Android

Cost: Free

Why you will love it: Convenient scan feature to scan a product bar code and buy it directly in the app, shipping it to your home or to someone as a gift. Quick access to gift card and reward cards for in-store purchases.

Top toy websites

Here is a list of websites that have put together their own list of top Christmas toys.

- **Fat Brain Toys** — As the name implies, this site specializes in educational toys. But, of course, these are really fun and cool toys that are also helpful to intellectual development. In other words, kids love them. Since every child needs and deserves to receive some toys that will sharpen and develop their minds, what's better than a toy that's both fun and educational?
- **Amazon** — Amazon has extensive information on what people are buying. It provides several different lists of toys, such as the "Amazon.com 2013 Holiday Toy List: The Hottest Gifts for Kids" and the "Most Gifted Items in Toys and Games" list.
- **Squidoo Lens** — This

site has toy ideas in 12 separate categories. If you know the type of toy you want to buy, such as remote-control toys or construction sets, this site will take you to a list of the top toys of that kind.

• **The Telegraph UK** — This site has an intriguing list of toys, including an interesting prediction of what will be the No. 1

• **Christmas Toy Site 2013** — This is an enjoyable site with a lot of content, so if you want more information, or reviews of products, this is a great resource.

• **Target** — Target has done a great job of breaking down its lists into age categories.

• **Examiner** — This site helpfully lists toy of the year in 14 different categories.

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Be appy when shopping for holiday gifts

Assistance. Use your mobile device to find deals and streamline your gift buying



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Looking to streamline your online shopping?

App: CardStar
Available on: All platforms (iPhone, Android, Blackberry, Windows Phone, Nokia).
How it helps: Consolidates all your loyalty cards in one app to avoid the dreaded wallet overload.
Cost: Free
Why you will love it: Handy for quick online shopping — you are less likely to get frustrated looking for a loyalty card.

Looking to track gift-giving lists and budgets?

App: mGifts
Available on: iTunes (iPhone, iPad)
How it helps: Fully-customizable gift list and budget



Mobile devices can help you find deals and streamline your holiday shopping. MITH/SHUTTERSTOCK

tracking capabilities for holidays and all year. Organize gift lists by groups (e.g., family, co-workers) and track the status of a gift from idea to purchase to wrapped to given.

Cost: \$4.99 (occasionally on sale for less)

Why you will love it: Password protected so gift ideas are for your eyes only. Bonus

— it syncs to iCloud, making data available on multiple devices.

App: Gifted

Available on: Android devices

How it helps: Flexible, customizable app to keep track of gifts, gift ideas and important events for your contacts during holidays and year round.

Cost: Free

Why you will love it: Scans a barcode to the list and takes pictures of gifts. Gifts also protected by a pass code.

Looking for favourite retailer apps?

App: Amazon Mobile
Available on: iPhone, iPad, Android, Android Tablet, Windows Phone

Cost: Free

Why you will love it: Easy access to find a gift recipient's

wish list, read reviews and make quick purchases from amazon.ca.

App: Canadian Tire

Available on: iPhone, iPad, Android, BlackBerry

Cost: Free
Why you will love it: Exclusive early access to the weekly flyer, which has a great functionality to add items to a shopping list and check inventory at nearby stores.

App: Indigo

Available on: iPhone, iPod Touch, Android

Cost: Free
Why you will love it: Convenient scan feature to scan a product bar code and buy it directly in the app, shipping it to your home or to someone as a gift. Quick access to gift card and reward cards for in-store purchases.



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*Valid with coupon only. Pickup only. Expires Dec. 31, 2013

*Valid with coupon only. Pickup only. Expires Dec. 31, 2013

*No substitutions. *Valid with coupon only. Pickup only. Expires Dec. 31, 2013

Top toy websites

Here is a list of websites that have put together their own list of top Christmas toys.

- **Fat Brain Toys** — As the name implies, this site specializes in educational toys. But, of course, these are really fun and cool toys that are also helpful to intellectual development. In other words, kids love them. Since every child needs and deserves to receive some toys that will sharpen and develop their minds, what's better than a toy that's both fun and educational?
- **Squidoo Lens** — This site has toy ideas in 12 separate categories. If you know the type of toy you want to buy, such as remote-control toys or construction sets, this site will take you to a list of the top toys of that kind.
- **The Telegraph UK** — This site has an intriguing list of toys, including an interesting prediction of what will be the No. 1 Christmas toy this year. The best feature of is that

Holiday Toy List: The Hottest Gifts for Kids" and the "Most Gifted Items in Toys and Games" list. Ease of shopping makes this a great site, with pictures and prices displayed.

there is only one list, "The Top 10 Toys for 2013." So if you are pressed for time, just read this top-10 list for ideas.

- **Christmas Toy Site 2013** — This is an enjoyable site with a lot of content, so if you want more information, or reviews of products, this is a great resource.
- **Target** — Target has done a great job of breaking down its lists into age categories.
- **Examiner** — This site helpfully lists the toy of the year in 14 different categories, such as activity toy, preschool toy, and girl toy.

METRO NEWS SERVICES



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FREE PLATTER BUY 1 PLATTER & 2 POPS & GET A FREE PLATTER
Not valid with any other promotion or special. Not valid on delivery orders. Free Platter must be of equal or Lesser value. Expires: Dec. 31, 2013. VALID WITH COUPON ONLY CODE 1001

FREE SANDWICH BUY 1 SANDWICH & 2 DRINKS & GET 1 FREE SANDWICH
Not valid with any other promotion or special. Not valid on delivery orders. Free Platter must be of equal or Lesser value. Expires: Dec. 31, 2013. VALID WITH COUPON ONLY CODE 1002

FREE SIDE ORDER BUY 1 SANDWICH & 1 DRINK & GET 1 FREE SIDE ORDER
Not valid with any other promotion or special. Not valid on delivery orders. Free Platter must be of equal or Lesser value. Expires: Dec. 31, 2013. VALID WITH COUPON ONLY CODE 1003

MON-FRI 11AM - 9PM
SATURDAY 12 NOON - 8PM
SUNDAY CLOSED



Canada Goose Women's Chilliwack Bomber, \$595, available at Sporting Life, Holt Renfrew, canadagoose.com.

Dressed for the season



Forest green Sharon shoes by Miz Mooz, \$165, available at shoeme.com.



Bogner Lara Knit Hat, \$249, available at Sporting Life, sportinglife.ca



Blouse with rhine-stone embellishments, \$59.90, available at Jacob, jacob.ca.

Tee boxer, \$19.95, available at La Vie en Rose, lavieenrose.com.



Alexus skirt, \$189.50, available at Club Monaco, Clubmonaco.ca.



Holiday panties, 3 for \$18, available at La Vie en Rose, lavieenrose.com.

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Lending a helping hand

Free time. There are myriad ways to contribute your time and resources during the holidays



JANE
DOUCET
For Metro

When the holidays roll around, many Canadians are facing several days off work and wondering what to do with their free time after the festivities are over.

How about lending a helping hand?

"The holiday season is a great time to reflect on a volunteer effort that you might like to begin now and continue to do throughout the year," said Paula Speevak-Slawdowski, the director of programs, policy and applied research at Volunteer Canada.

If you were thinking about serving a meal at a homeless shelter, walking dogs for an animal rescue group or sing-

ing carols at a seniors' home, don't wait until the last minute to sign up.

"Each organization has a volunteer screening process that can sometimes take weeks to complete," Speevak-Slawdowski said. "To avoid being disappointed, make your inquiries early."

So what are some common volunteer needs around the holidays? During the winter many adults and kids need warm clothing, so you can either donate coats, snowsuits, boots, gloves and hats that you no longer wear from your own closet or join a local group that collects and distributes them.

Food banks also hold drives at this time of year — you can donate money in person or online or buy non-per-



Since there is a need for warm clothing in the winter, you may want to join a local group that collects and distributes clothing. MANGOSTOCK/SHUTTERSTOCK

ishable goods to help stock the shelves.

The most important factor is to figure out what you have to offer, then find somewhere that can use your talent. If you are crafty, you could make and drop off decorations at a seniors' residence.

If you like to knit, you could join a knitting group that donates hats and mittens to a children's hospital gift shop.

There are myriad ways to contribute your time and resources.

"You can volunteer as an individual, as a family, at

your workplace, in a school or with an organization," Speevak-Slawdowski said.

If you aren't sure where to start, two helpful websites are volunteer.ca and getinvolved.ca.

And don't worry if you aren't keen on your volun-

teering effort the first time you try it.

"If you didn't have the experience you were hoping for, keep looking until you find the right fit," Speevak-Slawdowski said. "When everyone's needs are met, volunteering benefits everyone."



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THE TRUE MEANING OF THE SEASON

TIME TO THINK ABOUT CHARITABLE GIVING

With all the holiday frenzy, it may be easy to forget the importance of charitable giving.

We may be bombarded with requests, but do we actually open our wallets and support those in need? How do we decide on which charities to support?

And considering all the other expenses at this time of year, why would we choose the holidays to make our donations?

"People make donations throughout the year, but charitable giving does start to rise in late October and continues to increase right up to Dec. 31," says Marina Glogovac, president and chief executive officer of CanadaHelps, a registered charity with a mission to help other charities, providing affordable, online fundraising technology for charities, and offering a destination for Canadians to give to the charities of their choice.

Glogovac believes this is partially out



ISTOCK/THINKSTOCK

of habit and partially for tax benefits, but she also believes Canadians want to share with those in need during this time of year to realize the true meaning of the season.

While cash donations are still the most popular, there are other ways to give.

"Charity gift cards are a great way to spread giving," Glogovac says.

CanadaHelps.org offers charity gift cards for many occasions, and the recipient chooses the cause (from any of Canada's 86,000 charities) to which they want to contribute.

"Another trend is pooling family members together to make a group donation to a charity in lieu of exchanging family gifts."

Also growing in popularity is giving an item instead of cash, anything from livestock to trees can be gifted to a family in a developing country in someone's name.

Perhaps the most important decision is which charities to choose.

"Many people give to their alma maters, health-related charities and to communities in need, but there are many other worthy charities," Glogovac says. "It's important to choose based on what's important to you, especially if you're considering regular donations and planned giving."

Start with research.

"Don't just look at the obvious choices. There are many incredible small charities that do great work. Spend some time figuring out what's important to you."

Visit the Canada Revenue or CanadaHelps websites, or check out individual charity sites to read about charity visions, mission statements and more to help you decide.

— Michelle Williams

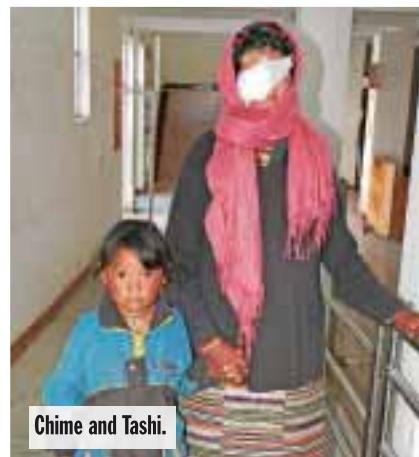
HELP A BLIND PERSON SEE

Ninety per cent of the 39 million blind people in the world live in low-income countries and the majority won't walk into a hospital and request sight-restoring surgery for something as treatable as cataracts, the leading cause of blindness. They are too poor. They don't understand they can be helped. They have no way to get to the hospital. They are frightened. They are women and children and not able to travel freely. They will stay blind until eye care is brought to their doorstep.

Seva Canada has worked for more than 30 years to restore sight and prevent blindness in low-income countries. Seva believes eye-care programs must leave the confines of the hospital.

"The most important thing we do is to connect blind people, the majority of whom live in remote, rural areas with the eye care that can help them," says Seva Canada executive director Penny Lyons. "This is accomplished by studying the financial and social barriers that prevent people from accessing care and using this knowledge to empower people to get the help they need."

Eighty per cent of all visual impairment is avoidable through prevention, treatment or cure. Cataracts can be treated with a



Chime and Tashi.

CONTRIBUTED

15-minute operation costing just \$50.

This holiday season help a blind person see.

Someone like Chime. Chime and her only companion, six-year-old daughter Tashi, were homeless beggars in the streets of Nakchu, Tibet. Chime, blind from cataracts, relied on Tashi to lead her through the streets to beg for food and money. Then Seva came and restored Chime's sight. Now she can see. She can work. Tashi can go to school. Together they have a brighter future.

A \$50 DONATION
IS GOOD FOR ONE
CATARACT SURGERY.



© Peter Horwitz

This holiday season, give the power of sight. With a \$50 donation, you will provide a life-changing cataract surgery to someone in need in the developing world. Donate at sevaca.ca or call 1-877-460-6622 toll-free.

seva
CANADA | 30 YEARS

THE JOURNEY OF A LIFETIME

PLAN CANADA'S GIFTS OF HOPE

When Jillian Mojeski travelled 11,000 kilometres to Rwanda, she learned that changing the world can be as easy as giving a Gift of Hope.

She and her colleagues at Klick Health had donated gifts of livestock through Plan Canada's Gifts of Hope, and those animals were given to families in some of the world's poorest countries to help create self-sufficiency and grow community cooperatives.

"It's so easy to give and my small donation made such a huge difference," Mojeski says about the impact of her gift.

Mojeski made the journey to rural villages to see the community development projects made possible by contributions from both her and her colleagues. She met schoolchildren eager to learn in safe, hygienic schools, and young women and men learning plumbing and construction at vocational training centres. She talked with pig co-operative farmers and families thrilled to have clean water thanks to the generosity of Mojeski and other donors.

"There's such a sense of pride," Mojeski says. "People are really excited to demonstrate projects your donations funded. It was an opportunity to shake someone's hand and close the loop in the contribution."

Mojeski is one of thousands of Canadians who will choose to give Gifts of Hope this holiday season. When you buy a Gift of Hope, your contribution supports real projects — like livestock co-operatives, clean water and education projects — in the communities where Plan Canada works, and these gifts change real lives.

"Sitting at your computer, clicking yes, thinking you are making a difference — it's not even close to the experience of seeing the actual impact for yourself," Mojeski says. "Now I realize that a small donation of an animal represents more than just food or a business opportunity.

MATCHED GIFTS

Thanks to Plan Canada's partners, your donations will go even further. Look for "Matched" gifts at plangifts.com.



Jillian Mojeski visits with schoolchildren at a rural primary school in Rwanda.



Muteteli Ancille, a member of Rwanda's Abakorabanabushake pig co-operative, proudly shows visitors how their donations have made a difference.

CONTRIBUTED PHOTOS

A pig co-operative can empower an entire community."

Plan Canada works with children and communities in 69 countries around the globe, helping them to create a better life and a better future for their children.

"In rural communities, livestock is often the first step to household economic security," says Sangita Patel, Plan Canada's director of program management. "It starts with families selling things like eggs or milk. With extra cash, mothers can better care for their families. There's money for more nutritious food, medicine and school supplies. Young women in some communities have formed co-operatives with livestock, creating leadership opportunities, increasing their confidence and self-esteem."

This holiday season, generous Canadians can make a profound difference for children and communities around the

world. There are more than 40 Gifts of Hope that support international development programs. Projects in the areas of livestock, education, health, water and livelihood help families break the cycle of poverty and open up new opportunities for their children.

You can also support Plan Canada's Because I am a Girl initiative by choosing from 15 gifts that support the rights of girls. By purchasing these gifts, you are supporting the work Plan Canada does that directly benefits girls and women.

"The Gifts of Hope program is perfect for the holiday season," Mojeski says. "Rather than giving a gift that will just end up in the closet a few weeks later, you can give a meaningful gift that will change the lives of the people who need it most."

A Gift of Hope gives to both the giver and the recipient. A gift can help teach

GIFTS FOR ALL

Create change with more than 40 Gifts of Hope, starting at just \$10. With 26 matched gifts and 15 Because I am a Girl gifts, there is something for everyone on your list. Every Gift of Hope purchase comes with a free greeting card, e-card or PDF card to give to your recipient.

Shop online at plangifts.com.

Top gifts this year include:

- Bed nets (\$10)
- Girls' take-home rations (\$25)
- Clean water for families (\$75)
- Goats (\$75, \$775 a herd)
- Two pigs (\$90)
- Literacy training for two women (\$120)
- Girl's scholarship (\$295)

and nurture philanthropy in children, create global awareness and remind us all that the greatest joy lies not in receiving but in giving.

During her trip, Plan Canada's Gifts of Hope program exposed Mojeski to both personal and global change. The experience opened her eyes to the value of sharing what we have to improve the lives of others.

"I will be involved with Plan Canada for the rest of my life," she says. "With Gifts of Hope, you're empowering people to change their lives and that really is a gift of love."

— Heather Beaumont



Think outside the gift box

Why a goat? When you give a goat, you provide a family in a developing country with nourishment, the makings of a family business, and a new future. Gifts of Hope are real gifts to real projects that change real lives.

Charitable registration number 11892 8993 RR0001

 Give a Gift
of Hope
plangifts.com

Founded in 1937, Plan is one of the world's oldest and largest charities working to end global poverty. Inclusive of all faiths and cultures, Plan has only one purpose: to improve the lives of children.


Plan

PROVIDING CONTRACT-FREE BOOKING

Roger Sing has been around the music industry for a long time as an event organizer and as a performer in his band The Rock Show. He brings what he has seen from both sides of the stage to R.S. Music Productions, his independent booking agency.

"There's a lot of talent in town, but many of the venues aren't able to let performers in because of exclusive contracts they have with other booking agencies," Sing says.

His company's approach gives venues a more flexible arrangement for booking live music.

"There's no contract. I work one on one with the venues to offer quality performers at reasonable prices."

This includes helping venues determine which acts will go over well with their customers.

"We have over 35 bands and feature everything from solo artists, country, rock and alternative bands to a full 18-piece orchestra."

While Sing reviews each act's repertoire, his practice is to let the performers have creative control over their material.



CONTRIBUTED

R.S. Music Productions provides bookings for bars and hospitality rooms as well as socials, weddings, fundraisers, festivals and private corporate events.

"Since we don't have exclusive agreements, we work really hard to make sure everyone's happy every time," Sing says.

This includes ensuring the performers show up and are paid fairly after the company's small booking fee.

In addition to getting performers into more venues, R.S. Music Productions has helped bring live music back to places like the Nor Villa Hotel.

Noele Gauthier, manager, says,

"Roger has the bands ready to go and we don't have to worry about a thing," says manager Noele Gauthier. "The live music has been really good for the community."

Sing can be reached at 204-782-2686. Upcoming acts and venues are featured at facebook.com/RsMusicProductions.

R.S. MUSIC PRODUCTIONS

⚡ PRESENTS ⚡

Nor Villa Hotel



★ 1763 Henderson Way ★ 204.338.7210

NOVEMBER 15TH - 16TH 9pm ★ Geoff Erickson & the Rockets

NOVEMBER 22ND - 23RD 9pm ★ Blue Steele

NOVEMBER 29TH - 30TH 9pm ★ Giants of the River

The Pandora Inn

The Pandora Inn

★ 103 Bond St ★ 204.222.0571

NOVEMBER 29TH - 30TH 9pm ★ The Rock Show





A COLOURFUL ASSORTMENT OF WARES

TEA STORY CAFE

Tea Story Cafe's two stylishly modern locations at 222 Osborne St. and 653 Corydon Ave. offer clients a vast array of more than 120 varieties of premium loose leaf teas to enjoy or take home, scrumptious and healthy, fresh fruit bubble teas and the most delectable waffles with your choice of eclectic, delicious accompaniments.

Tea Story's expansive menu has

something for everyone. It offers vegan, organic and fair trade products, soups, salads, sandwiches and more.

If you are in the market for a colourful new ensemble or gift package, look no further since Tea Story Cafe offers a truly fine, funky and colourful assortment of wares for those who love to enjoy and serve their favourite brew in style.

Tea Story's newest location on Corydon also offers elegant Thomas

Haas handmade chocolates and truffles, along with its own in-store freshly baked French macaroons. Guests can also mix herbal ingredients to make their own teas while free tea tastings are offered every other Tuesday.

Tea Story Cafe is proud to offer clients a family-friendly atmosphere with free Wi-Fi on-site.

Experience the aromas and excite your taste buds and visit one of Tea Story's fabulous locations today.

SILOAM MISSION CARES FOR THOSE IN NEED

For many of us, the coming of the winter season means staying at home, snuggling up in a warm blanket, and watching holiday specials on TV.

But for many Winnipeggers, that is not an option. On Oct. 14, Siloam Mission's Thanksgiving meal fed 1,125 hungry Winnipeggers who would otherwise have been out in the cold.

"We expect large numbers for our Christmas meal as well," says Siloam executive director Floyd Perris. "These

are men, women and children who turn to Siloam Mission for a sense of community during the holiday season."

With the holidays approaching, and Winnipeg's cold winter upon us, Siloam Mission is reaching out to the community to help support the people who need it the most. A donation of only \$3.11 helps Siloam Mission provide a hot meal and care for someone in need. Beyond just a hot meal, Siloam Mission provides shelter and transitional services for its clients,

as well as warm winter clothes when the temperatures start dropping.

"We're 80 per cent funded by donations," Perris says. "People can donate online, over the phone, or at 300 Princess St."

Non-perishable food items and warm clothes are also needed. With the holiday spirit in mind, think about helping someone who really needs it, today. A complete list of the most needed items can be found at siloam.ca.



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tea story

653 Corydon / 222 Osborne

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Mon - Thurs: 11am - 11pm • Fri - Sat: 11am - Midnight • Sun: 11am - 10pm

CORYDON LOCATION

OPEN 6 DAYS/WEEK

Mon - Sat: Noon - 6pm • Sunday: Closed

PLEASE CLIP AND SEND WITH YOUR GIFT TODAY.

Complete Christmas Dinner - \$3.11



We need your help to serve hot meals and provide other essential services to people experiencing hunger and homelessness in Winnipeg's inner city this Christmas season.

For just **\$3.11**, you can provide a hot meal or the safe shelter and supportive programming that can be the start of a new life.

Please help us feed and care for people experiencing hunger and homelessness by mailing your gift today.

- \$18.66 helps 6 people \$62.20 helps 20 people
 \$40.43 helps 13 people \$83.97 helps 27 people
 \$ _____ to help as many people as possible

Please charge my: VISA Mastercard AMEX

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Donate online at www.siloam.ca or call 204-956-4344 or toll-free at 1-866-648-HOPE (4673).

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Please make your cheque payable to:

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300 Princess Street

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www.siloam.ca

Siloam Mission

A connecting point between the compassionate and Winnipeg's less fortunate.

Costs are average and include the expense of preparing and providing meals. A receipt for income tax purposes will be sent to you.

Siloam Mission is a Registered Canadian Charity #11915 0043 RR0001

Serving the less fortunate in Winnipeg's inner city since 1987.

HELP THOSE STRUGGLING WITH ADDICTIONS

When struggling with addiction, sobriety can seem like an overwhelming and unreachable goal. However, recovery is never out of reach, no matter how hopeless or intimidating it seems. Change is possible with the right treatment and by addressing the root cause of the addiction.

For many addicts, addiction starts at a young age when they turn to available chemicals to escape the discomforts of everyday life. Not understanding the cause, they place blame on everyone else for their circumstances and are accountable to no one. Eventually, they lose control of their lives and substances consume them and make all their decisions for them.

All this begins to change when they enrol in Welcome Home. Welcome Home is more than just a rehab centre. It is a life-skill training centre for young men and women ages 19-34 who are committed to changing their lives.

At Welcome Home, program participants are kept productively occupied at all times. Idle time for addicts is dangerous — it leads them to thinking of justifiable reasons to give in to temptation. The structure at Welcome Home is exactly what is needed to help maintain the sole focus of recovery. Having the regimen and the daily routine helps build students into the people they are meant to become.

The daily program includes:

- Group therapy
- Physical exercise
- Vocational skills development
- Social skills development
- Leadership training
- Recreational and social activities
- Life skills training in nutrition, finance, mental wellness, healthy relationships, etc.

Through constant and consistent prac-



COLOURBOX

tice, only possible in long-term treatment, Welcome Home students gain the life skills and coping skills that were missing in life before.

Most of all, they learn that no matter what challenges come, the greatest challenge is overcoming themselves and the destructive patterns they developed in their addiction. Welcome Home pushes students beyond previous limits they set for themselves. They learn to be productive and to live fulfilling lives where using drugs is not an option. They learn to be responsible, not only for themselves, but also for others. They develop strong foundations for lives of sobriety and learn that life is worth living.

Inevitably, the road to recovery is

full of stumbling blocks, pitfalls, and setbacks. However, with effective, long-term treatment, these obstacles become opportunities in disguise and help program participants develop mentally, socially, physically, emotionally, and spiritually until they are ready to live as responsible, contributing members of society for life.

For addicts still living in addiction, know that change is possible and all is not lost.

Don't waste another day. Stop the pain. Lifelong sobriety is within reach. Be bold. Make a choice. Decide today to make the right decisions. The first decision is to get help.

For more, call Welcome Home at 1-855-592-3001 or visit whrecovery.org.

CHANGING LIVES

Welcome Home promises to provide everything that is needed to change lives. The only thing required by potential students is a commitment to change. This is made possible by generous funding from the John Volken Foundation and through donations of supporters, which make Welcome Home the most affordable long-term treatment program of its kind.

One-hundred per cent of all donations go directly to supporting Welcome Home program participants in their recovery.



CONTRIBUTED



FREEDOM FROM ADDICTION

Much more than a rehab center!

Residential Addiction Treatment For Men and Women

Ages 19-34

Proven Effective

Most Affordable

At Welcome Home, we not only eliminate the addictive behavior, we also resolve the underlying issues that led to the addiction in the first place.

In addition, program participants receive extensive career training and gain the healthy life-skills and coping abilities needed to stay sober. Program participants develop mentally, socially, physically, emotionally, and spiritually until they are ready to live as responsible, contributing members of society - for life!

Life-long sobriety - that is our only purpose.

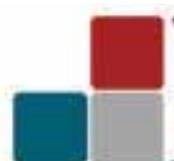


I have been in foster-homes, many different recovery programs, and attended countless meetings, nothing helped. Welcome Home changed my life - it is the greatest gift I could ever receive. - Kelly D.

Welcome Home is funded by the John Volken Foundation, a private charitable organization dedicated to fighting addiction.

Thanks to this funding, **the Program is FREE**, except for the one-time administrative in-take fee.

***Take the First Step
Give Us a Call Today
To Find Out More
Phone 855-592-3001***
www.whrecovery.org

 **WelcomeHome**
ADDICTION RECOVERY ACADEMY
Changing Lives

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- Marty C.*

Sharpshootin' Jets need power-play work

Team Canada bound?

Ladd's shootout success could be his ticket to Sochi 2014

They may have the worst power play in the NHL, but the Winnipeg Jets have been deadly when it comes to shootouts.

In 71 tries, the Jets (9-9-2) have managed to score only six power-play goals this season, for a lowly 8.4 per cent.

But they've won four out of five shootouts, team captain Andrew Ladd has scored in five straight attempts and he shares a three-way tie for the NHL lead with three shootout-deciding goals.

Ladd says he tries to keep it simple and plans what he's going to do before he starts down the ice.

"I don't really have any secrets, I think I just pick a move," he said Thursday.

"I don't try to overdo it. I don't try to make any fancy moves or anything. I just go down, try to pick a shot or different angles and go from there."

Ladd shrugged off suggestions his prowess at the shootout might boost his chances of making Team Canada for the Olympics. Shootouts are even more important in international play.

"I'm not really paying much attention to that. I'm just more focused on trying to get this team wins," he said.



Jets left-winger Andrew Ladd scores a shootout goal against Red Wings goalie Jimmy Howard on Tuesday in Detroit. The Jets won 3-2.

PAUL SANCYA/THE ASSOCIATED PRESS

Considering their success in the tiebreaker, it's perhaps unfortunate for the Jets that the league is looking at ways to reduce the number of shootouts, perhaps by changing the current five-minute overtime period.

If they do, Ladd says he would like to see the NHL opt for a 3-on-3 five-minute overtime period.

Coach Claude Noel en-

dorsed the same idea, suggesting it would certainly increase the chances of a game-winning goal.

But one area the team desperately wants to improve right now is its power play, ranked 30th in the league. The players know it is dragging down their game.

"It goes hand in hand," says Olli Jokinen. "If you look at the top

Quoted

"I'm not really paying much attention to that. I'm just more focused on trying to get this team wins."

Andrew Ladd, Winnipeg Jets captain, on the prospect of making Team Canada.

teams in the standings they're most likely top in their special teams as well. That's the one area where we've got to get better, that's for sure."

The Jets currently sit in 11th spot in the conference, ahead of only Nashville, Calgary and Edmonton.

THE CANADIAN PRESS

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Steen's head of scoring steam alive in St. Louis

Blues right-winger Chris Stewart scores on Avalanche goalie Semyon Varlamov on Thursday night in St. Louis. Alexander Steen scored his league-leading 15th and 16th goals and the Blues' slumping power play woke up with three goals in a 7-3 win over Colorado.

JEFF ROBERSON/THE ASSOCIATED PRESS

NHL

Isles can't hold off Kings in third

Not only did the Los Angeles Kings' stun the New York Islanders with three third-period goals in a comeback win, they did it with a bunch of fill-ins.

Undeterred by a two-goal deficit in the final frame, the Kings stormed back to beat the Islanders 3-2 on Thursday night on goals from Slava Voynov, Tanner Pearson and Tyler Toffoli.

THE ASSOCIATED PRESS

NHL

Leafs lose another pivot in Kadri

Already thin down the middle, the Toronto Maple Leafs will now be without centre Nazem Kadri for the next three games.

Kadri was suspended on Thursday for goaltender interference stemming from his hit on Minnesota's Niklas Backstrom in the Wild's 2-1 shootout win Wednesday night. Toronto was already without centres Tyler Bozak and David Bolland. THE CANADIAN PRESS

IndyCar

Injuries force Franchitti to end career early

Three-time Indy 500 winner Dario Franchitti retired Thursday after doctors told him it is too dangerous to race with the injuries he suffered in last month's crash.

Franchitti fractured his spine, broke his right ankle and suffered a concussion in the Oct. 6 IndyCar race at Houston. THE ASSOCIATED PRESS

Ties to CEO Miller could put Jones atop Bombers' list

CFL. Former Blue Bombers all-star QB is among several who could be under consideration for Winnipeg coaching job

DARRIN BAUMING
winnipeg@metronews.ca

With the Grey Cup just over a week away, the head coachless Winnipeg Blue Bombers are in an exhaustive search for their next football man.

While naming a general manager — who will ultimately make the final decision on who will lead the Blue and Gold on the field in 2014 and beyond — is the first order of

business, there are some potential bench boss candidates.

Former Bombers all-star pivot Khari Jones's name is probably being bandied about the most. Currently the quarterbacks coach with the Saskatchewan Roughriders, Jones's experience in a headset may be limited, but his personal and business relationships with Bombers president and CEO Wade Miller has this rumour burning red-hot.

The Stampeders' offensive co-ordinator Dave Dickenson may be the most sought-after candidate in the entire CFL, but the third-year play-caller has been adamant he is not interested in leaving Cow Town.

Marcel Bellefeuille, who joined Winnipeg mid-season as a consultant and then offensive coordinator, is also in

line to snag his second CFL head coaching gig. If Jones's head-coaching credentials don't stack up, a repeat of the Bellefeuille-Jones coach-co-ordinator tandem from Hamilton in 2011 may re-emerge.

Jacques Chapdelaine has operated the oft-potent B.C. Lions' offence since 2005, and may now have the desire to make the career jump and run his own club.

Toronto's Scott Milanovich was named coach of the year after leading the Argos to the 2012 championship in his first season as a head knock. While he is coveted by his current employer, the Blue Bombers may want to offer him the almighty role of general manager and head coach — a position reserved for the rare talent who has earned the ultimate trust.

MMJHL

St. Boniface Riels' captain Gorrie named player of the month for October

Manitoba Major Junior Hockey League announced its October player of the month awards last week and Michael Gorrie, the points-leading captain from the St. Boniface Riels was voted as October's winner.

In 13 games played, Gorrie had 14 goals and 16 assists, which netted the forward 30 points in the MMJHL's first full month of the season.

Alcide Grenier of the Pembina Valley Twisters took home the honour of goaltender of the Month.

The defenceman of the Month award was given to Connor Scisson of the Pembina Valley Twisters, while Chad Pearch of the Transcona Railer Express won the rookie of the month honours.

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1126 Princess Ave.
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Foley foresees West Division final fireworks

CFL. Rivalry heats up once again with a Grey Cup berth on the line

Saskatchewan Roughrider defensive end Ricky Foley has been here before — staring down a tough team in a division final, with the possibility of playing in the Grey Cup on home turf on the line.

The Riders will play the Stampeders in Calgary in the CFL West Division final on Sunday, with the winner heading to Regina for the Nov. 24 Grey Cup.

Foley was with the Toronto Argonauts last season when they won the Grey Cup at home. But first, the Argos had to get past their arch-rival Alouettes in Montreal in the CFL East Division final.

It's only Foley's first year in Saskatchewan, but he says the Riders' feelings against



The Roughriders' Ricky Foley sacks Lions quarterback Thomas DeMarco on Oct. 4 in Vancouver. Foley is hoping to play in his second straight Grey Cup having been a key member of the Argos last season. DARRYL DYCK/THE CANADIAN PRESS

Calgary are similar.

"You can feel it. It's definitely palpable," Foley said after practice Thursday. "You can sense it around here with

the guys who have been with the team for a while. I know how much they don't like Calgary.

"We've got some guys on

our team who like to talk; they've got some guys on their team who like to talk. They've got some guys who like to hit; we've got some guys who like to hit. So any time you have that, I think it's put into a little bit of a melting pot and it's pretty combustible right now.

"I think there's a genuine distaste for each other right now at this point and Sunday's probably going to explode and we'll see what happens."

Some things are similar to last year in this division final, Foley said, while others aren't.

"Well, for me it's a lot colder. I was in a dome last year doing this sweating, so that's my main difference," Foley joked. "The feeling, it's pretty similar. Even when I was in B.C., it's pretty similar. You know, you get to this point, you realize it's the CFL and anybody can win on any given day. The best four teams are left and you've got to bring your A-game." THE CANADIAN PRESS

West Division final



Roughriders at Stampeders, 3:30 p.m., Sunday (TSN)

Calgary won the season series 2-1, with both wins coming at McMahon Stadium. Saskatchewan advanced to the conference final by downing B.C. 29-25 last weekend, with quarterback Darian Durant going 19 of 23 passing for 270 yards and two TDs and running for a game-high 97 yards on six carries.

Both teams have solid rushers as Calgary's Jon Cornish had a CFL-leading 1,813 yards, with Saskatchewan's Kory Sheets second at 1,598. But they also sport solid defence as the Riders allowed a league-low 22.1 points per game, while the Stampeders were second at 22.9.

The Stampeders were 8-1 at home and 7-1 versus West Division competition.

Pick: Calgary

East Division final



Ticats at Argonauts, 12 p.m., Sunday (TSN)

The two franchises will meet Sunday at Rogers Centre in their first East final showdown since 1986.

All signs point to a tight, high-scoring affair at Rogers Centre. Both quarterbacks are veterans and have won their share of big games, including Grey Cups. But Toronto has done a better job of protecting the football, with just 32 giveaways — including a league-low nine interceptions — and 18 more takeaways than turnovers.

Hamilton can't say the same, committing 45 turnovers during the season and finishing -13 in the giveaway-takeaway bracket. That often decides the outcome of close games.

Pick: Toronto

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Miggy extends MVP reign for another year

MLB. Tigers' star slugger Cabrera named AL's best again after winning another batting title in Detroit



Miguel Cabrera was named AL MVP for the second season in a row on Thursday. GETTY IMAGES

All those who marvel at Miguel Cabrera can only wonder what he might have done this year if completely healthy.

Even so, Cabrera was a huge hit in Motown.

Despite being hobbled by all sorts of ailments, the Detroit Tigers slugger won his second straight American League Most Valuable Player award Thursday, once again beating Angels outfielder Mike Trout by a comfortable

margin.

A season after winning baseball's first Triple Crown in 45 years, Cabrera came back to lead the majors in hitting at .348 and finish second with 44 home runs and 137

RBIs.

"I think this year was tougher because of the injuries," he said on a conference call from the Miami area.

"It was the last two months. It was tough to play through it."

Still, Cabrera got 23 of 30 first-place votes from members of the Baseball Writers' Association of America.

Pirates centre-fielder Andrew McCutchen took the NL MVP by a surprisingly wide margin after leading a baseball revival in Pittsburgh. McCutchen drew 28 of the 30 first-place votes after hitting .317 with 21 home runs and 84 RBIs in 2013. He also scored 97 runs, stole 27 bases and had a .404 on-base percentage. **THE ASSOCIATED PRESS**

NHL

EASTERN CONFERENCE

ATLANTIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Tampa Bay	19	14	5	0	61	44	28
Boston	18	12	5	1	51	32	25
Toronto	18	11	6	1	52	42	23
Detroit	19	9	5	5	47	51	23
Montreal	19	8	2	4	49	42	20
Ottawa	18	7	7	4	53	56	18
Florida	19	4	11	4	40	66	12
Buffalo	20	4	15	1	36	63	9

METROPOLITAN DIVISION

	GP	W	L	OL	GF	GA	Pt
Pittsburgh	18	11	7	0	51	42	22
Washington	19	10	8	1	61	55	21
NY Rangers	18	9	9	0	41	49	18
Carolina	18	7	7	4	34	49	18
New Jersey	18	6	7	5	38	46	17
NY Islanders	20	7	10	3	56	64	17
Philadelphia	18	7	10	1	33	45	15
Columbus	18	6	10	2	46	53	14

Thursday's results

Los Angeles 3 NY Islanders 2

Tampa Bay 5 Anaheim 1

Boston 3 Columbus 2 (OT)

Phoenix at Chicago

Colorado at St. Louis

Dallas at Calgary

San Jose at Vancouver

Wednesday's results

Minnesota 2 Toronto 1 (SO)

Philadelphia 2 Pittsburgh 1

Friday's games

All times Eastern

Anaheim at Carolina, 7 p.m.

Los Angeles at New Jersey, 7 p.m.

Nashville at Pittsburgh, 7 p.m.

MLS PLAYOFFS

CONFERENCE FINALS

(2 games, total goals)

Saturday, Nov. 23 — All times Eastern

Houston at Kansas City, 7:30 p.m.

Sunday, Nov. 24

Salt Lake at Portland, 9 p.m.

CHAMPIONSHIP

Saturday, Dec. 7

East champion vs. West champion, 4 p.m.

CFL PLAYOFFS

DIVISION FINALS

Sunday's games — All times Eastern

Hamilton vs. Toronto, 1 p.m.

Saskatchewan vs. Calgary, 4:30 p.m.

GREY CUP

At Regina, Saskatchewan

Sunday, Nov. 24

East champion vs. West champion, 6 p.m.

NFL

WEEK 11

Thursday's result

Indianapolis at Tennessee

Sunday's games

All times Eastern

Baltimore at Chicago, 1 p.m.

Arizona at Jacksonville, 1 p.m.

Detroit at Pittsburgh, 1 p.m.

Oakland at Houston, 1 p.m.

N.Y. Jets at Buffalo, 1 p.m.

Cleveland at Cincinnati, 1 p.m.

Washington at Philadelphia, 1 p.m.

Atlanta at Tampa Bay, 1 p.m.

San Diego at Miami, 4:05 p.m.

San Francisco at New Orleans, 4:25 p.m.

Green Bay at N.Y. Giants, 4:25 p.m.

Minnesota at Seattle, 4:25 p.m.

Kansas City at Denver, 8:30 p.m.

Monday's game

New England at Carolina, 8:40 p.m.

NBA

Thursday's results

Houston at New York

Oklahoma City at Golden State

Wednesday's results

Philadelphia 123 Houston 117

Orlando 94 Milwaukee 91

Charlotte 89 Boston 83

Toronto 103 Memphis 87

Minnesota 124 Cleveland 95

New York 95 Atlanta 91

San Antonio 92 Washington 79

Denver 111 L.A. Lakers 99

Utah 111 New Orleans 105

Sacramento 107 Brooklyn 86

Portland 90 Phoenix 89

L.A. Clippers 111 Oklahoma City 103

Friday's games

All times Eastern

Chicago at Toronto, 7 p.m.

Milwaukee at Indiana, 7 p.m.

Portland at Boston, 7:30 p.m.

Dallas at Miami, 7:30 p.m.

Charlotte at Cleveland, 7:30 p.m.

Philadelphia at Atlanta, 7:30 p.m.

Minnesota at Denver, 8 p.m.

Brooklyn at Phoenix, 9 p.m.

San Antonio at Utah, 9 p.m.

Detroit at Sacramento, 10:30 p.m.

Memphis at L.A. Lakers, 10:30 p.m.

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Horoscopes**Aries****March 21 - April 20**

You may not be able to ignore problems on the work front but you can lessen their impact by refusing to worry about them.

Taurus**April 21 - May 21**

There is no copyright on ideas and if someone else's insight grabs you and makes you think you can use it for your own benefit then do so and don't feel in the least bit guilty about it.

Gemini**May 22 - June 21**

You may not care what other people are saying about you behind your back but the planets suggest it might be a wise move to find out.

Cancer**June 22 - July 23**

What loved ones need most is a few words of encouragement, and that's something you never fail to deliver.

Leo**July 24 - Aug. 23**

The more you hurry lately you less you seem to get done. Do you think you should take the hint? Don't worry about falling behind in your schedule. If you take things easy today you may actually find you get more done.

Virgo**Aug. 24 - Sept. 23**

Someone at work or in your social sphere may say something hurtful today but you don't have to take it seriously. It's only words and words cannot do lasting damage, unless you let them. Ignore what you don't want to hear.

Libra**Sept. 24 - Oct. 23**

Just because friends don't seem too impressed by your latest big idea does not mean you should abandon it.

Scorpio**Oct. 24 - Nov. 22**

Generally speaking you don't try too hard to make yourself look good – as far as you're concerned it's up to other people to impress you – but it will pay you to put on your best face today.

Sagittarius**Nov. 23 - Dec. 21**

The answer to a problem of some kind is more likely to come to you if you stop searching for it so hard.

Capricorn**Dec. 22 - Jan. 20**

The more someone tries to convince you of their honesty the more careful you should be. The fact that they are making such a big issue of it suggests they may have something to hide. You're not the sort to be easily fooled – are you?

Aquarius**Jan. 21 - Feb. 19**

Cosmic activity in the most sensitive area of your chart means you find it hard to let others know how you feel. Maybe that's just as well.

Pisces**Feb. 20 - March 20**

Mistakes are a fact of life, so if you make one today don't feel too bad about it. On the other hand, if a friend or colleague points out that you are making the same mistake over and over again then maybe you do need to act.

SALLY BROMPTON

Crossword: Canada Across and Down**Across**

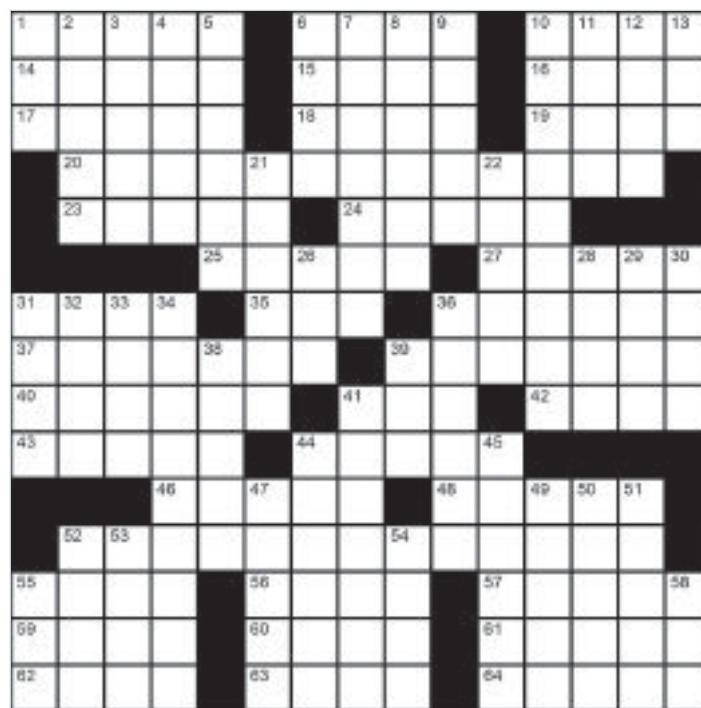
- Training institutes, for short
- Finishes
- Actress Ms. Farmiga
- Sort of shrub
- Hair remover brand
- Dedicated
- "Much ___ amazement..." (We were quite surprised)
- Like a hooting bird
- ZZ Top hit
- Vancouver-born actress who plays Robin Scherbatsky on "How I Met Your Mother"; 2 wds.
- After lunchtime time, e.g.: 2 wds.
- Beautify
- Bluegrass musician, ___ Burnett
- Story, in a house, in French
- Blue-__ stock
- Speech stops
- House: French
- Nunavut's Road to __
- BC city east of Vancouver
- CBS police drama, "Blue __"
- '__ in Vancouver
- Suffix meaning 'condition of sight'
- Funnel-shaped
- Fashionable fabrics

Down

- Camera company
- Lohengrin aria: "__ Dream"
- Vintage kids show on Canadian television set in a castle: 2 wds.
- Actress, Sherilyn
- British singer Ms. Goulding
- Ms. Swenson of "Benson"
- Spouses for Dutch
- esses
- Shania Twain's "__! Feel Like a Woman!"
- Actress, Sherilyn
- British singer Ms. Goulding
- Family suffix in zoology
- Spouses for Dutch
- Sunset Strip", and others
- Blood vessel implant
- Writer's output in Hollywood
- Biblical grandson
- Salad dressing from Hollywood legend Paul, __ Own
- Hoodwink
- Pen, in Quebec
- Legendary fashion designer
- Stew from France

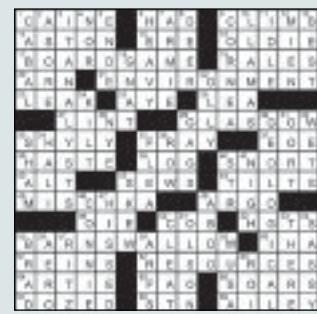
See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN



See today's answers at metronews.ca/answers.

- Fiendishly 'fixes'
- Promos
- Fireplace's glowing remnants
- Gloom
- Mined stuff
- Pronto!
- Desert in Mongolia
- Irish singer
- Cable network
- Prefix to 'gram' (3D image)
- Champion's shout!: 2 wds.
- Ancient maritime power of the Mediterranean
- Peatland
- Van Halen guitarist
- __ Harbour, Florida
- Eastern coast of North America explored by Viking seafarer Leif Ericsson
- Placed grassy rolls
- Parts on trombones
- Kitchen cutter
- __ Ste. Marie, Ontario
- __ bracelet
- American writer Gertrude
- Ms. Drescher
- Diamond __
- Cravings
- Dieter's calculator sort [acronym]
- Place

Yesterday's Crossword**Sudoku**

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku

4	5	1	3	2	6	3	7	8
7	9	6	4	8	3	1	2	5
8	3	2	5	1	7	9	6	4
6	1	7	2	4	5	8	9	3
2	8	9	3	7	1	4	5	6
5	4	3	8	6	9	2	1	7
3	6	4	7	3	2	5	8	1
1	2	5	6	3	8	7	4	9
9	7	8	1	5	4	6	3	2

1		2	6	3
6		8	4	5
7				4
5	4	7	6	
2				5
9	3	5	1	
6				8
8	7	3	9	4
7	9	1		

Weather

TODAY

SATURDAY

SUNDAY

MAX: 6°
MIN: -2°MAX: 3°
MIN: -8°MAX: -3°
MIN: -13°
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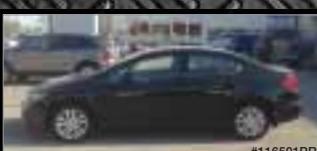
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\$13,879* / \$108***



LEATHER SEATING, AUTO, NAV, FULLY LOADED

**2012 HONDA CIVIC EX-L
\$22,569* / \$148***



5.0L V8, S/CREW, CHROME 18" RIMS, CHROME RUNNING BOARDS

**2012 FORD F-150 XLT XTR
\$28,749* / \$189***



S/CAB, 5.4L V8, SYNC, CHROME PACKAGE, TOW PACKAGE, POWER GROUP

**2010 FORD F-150 XLT
\$23,878* / \$159***



Cam Scammell,
Sales Manager

INTEREST RATES AS LOW AS

0.99%⁽¹⁾
APR OAC

PAY AS LOW AS

\$99
/BW

NO CREDIT?
BAD CREDIT?
**NO PROBLEM,
WE CAN HELP!**

River City Reason #4

No Admin. Fees

204.837.3636 · rivercityford.ca
3636 Portage Avenue, Winnipeg



RiverCityFord
Driving Change

*All prices and payments are plus taxes, NO MONEY DOWN, NO TRADE REQUIRED. Payments are bi-weekly using 5.25% APR OAC. Payments are calculated based on 60/72/84 month terms. Prices are plus applicable taxes. Dealer installed options are not included. (1) 0.99% financing is for one year and calculated as follows: The total cost of interest is calculated for the entire period of the loan, to a max of 72 months, the total interest is divided into a per monthly interest cost and then multiplied by 12 months. The customer then has the choice to lower the selling price by this amount or receive a cheque for the calculated portion. The minimum amount to finance is \$11,000. The customer must be approved through Tricor Lease and Finance (TLFC) at a 4.49% APR. On select models. On approved credit. Photos are for illustration only. Some conditions may apply to the above programs. See dealer for complete details. WE DO NOT CHARGE ADMIN FEES! DL#4218